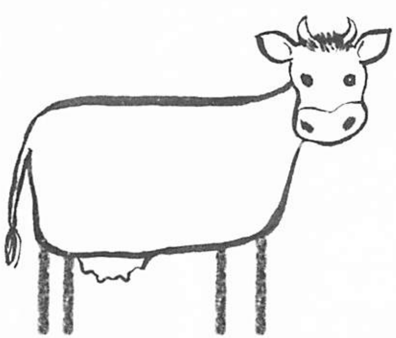
GET SET FOR SCHOOL®

NAME ________________________________

My First School Book

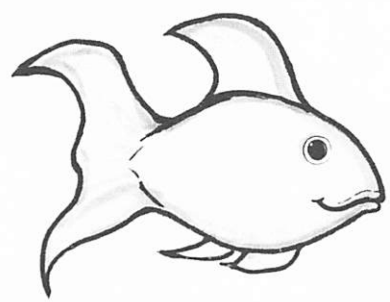
Coloring, Drawing, Counting, Writing, and School Readiness



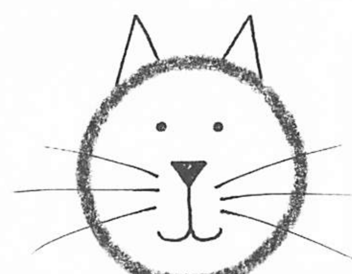
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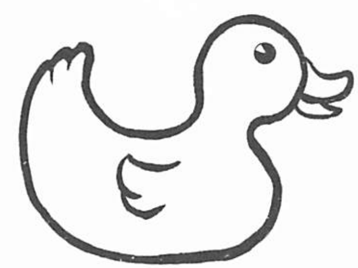
BOOT



FISH



CAT



DUCK

8001 MacArthur Blvd
Cabin John, MD 20818
301.263.2700
www.getsetforschool.com

Authors: Jan Z. Olsen, OTR and Emily F. Knapton, M.Ed., OTR/L

Illustrator: Jan Z. Olsen, OTR

Graphic Designer: Julie Koborg and Nichole Monaghan

Fourth Edition

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23456789Royle171615

Printed in the U.S.A.

WELCOME!



Welcome to the Get Set for School® curriculum. This curriculum prepares children for kindergarten in a developmentally appropriate way. This book is part of our program. It will help your 4-year-olds get set for school by helping them develop coloring, drawing, counting and beginning writing skills. Look for the alphabet, pictures, colors, shapes, Mat Man®, letters, and numbers. Your children will sing, color, draw, count and write all year long.
Your children will learn:

- Alphabet knowledge
- Crayon skills
- Drawing and coloring
- Color and shape recognition
- Counting and numbers
- Letters and Beginning Writing

We are occupational therapists and early education specialists who respect children's developmental needs. We also know what is expected in kindergarten. We know that an ideal curriculum is fun as it carefully teaches and builds the fundamentals children need for kindergarten. We teach with music, multisensory products, and child friendly books—that's the fun.

The fundamental part is the careful way in which we use hands-on letter and number play (See Wood Pieces and Slate shown on pages). Children happily and actively build letters and numbers before they write. We also teach them how to hold and use crayons. These are the early habits that will serve them well next year and every year.

Using *My First School Book*

My First School Book is for four- and five-year-olds who have the appropriate developmental skills.

Before you start using this activity book, get to know the *Readiness & Writing Pre-K Teacher's Guide*. This guide provides essential tips for using *My First School Book* and other Get Set for School readiness materials, including Wood Pieces for Capital Letters, music CDs, Flip Crayons®, Stamp and See Screen®, Roll-A-Dough®, and other multisensory tools that lay the foundation for school success.

Adjust to each child's developmental level and learning style

Use the teacher's guide to select just the right materials and strategies. Lessons are planned so that children of different ability levels may participate together successfully. It is expected that there would be a wide developmental range among very young fours and almost fives, early and late bloomers. Some children may be English language learners or have special needs or circumstances. You have the flexibility to adjust the pace of instruction to meet children's needs.

Demonstrate

Even though *My First School Book* teaches letters in developmental order, you can step out of order to help children write their names. Demonstrate! Children learn best by watching you and imitating what you do. Help them learn to write their names first in all capitals, and then later, just before kindergarten, in title case.

Every child can succeed with the Get Set for School Readiness & Writing Program. Whether they sing, build letters with Wood Pieces, count legs on cows, or color in this activity book, they will find something that meets their needs.

We hope you enjoy the program!

Emily F. Knapton Jan Z. Olsen

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A B C D E F G

H I J K

L M N O P

Q R S T U V

W X Y Z

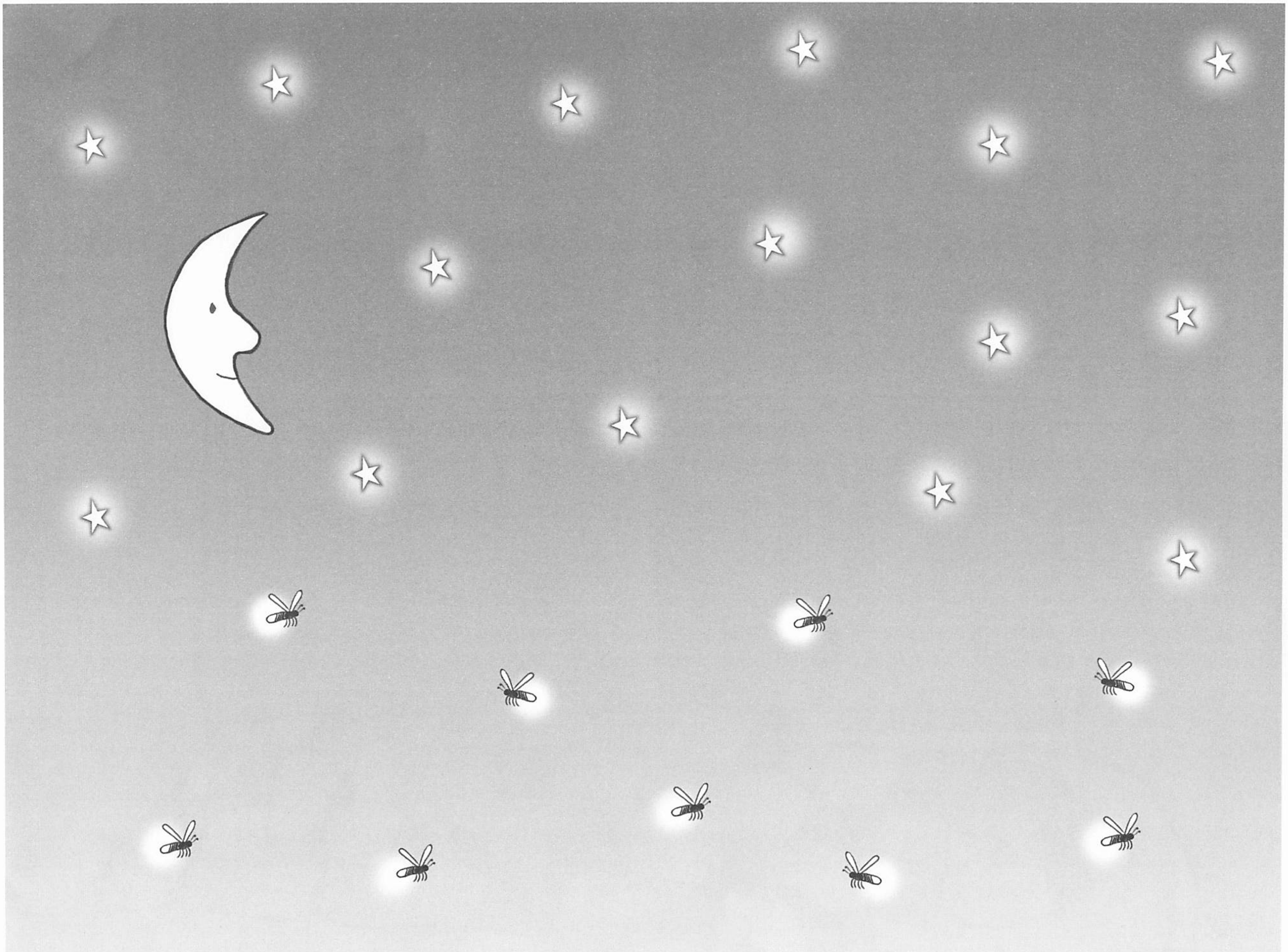
BIG and LITTLE CURVES Children learn the letters that are made with a big line and then big or little curves to the right side.

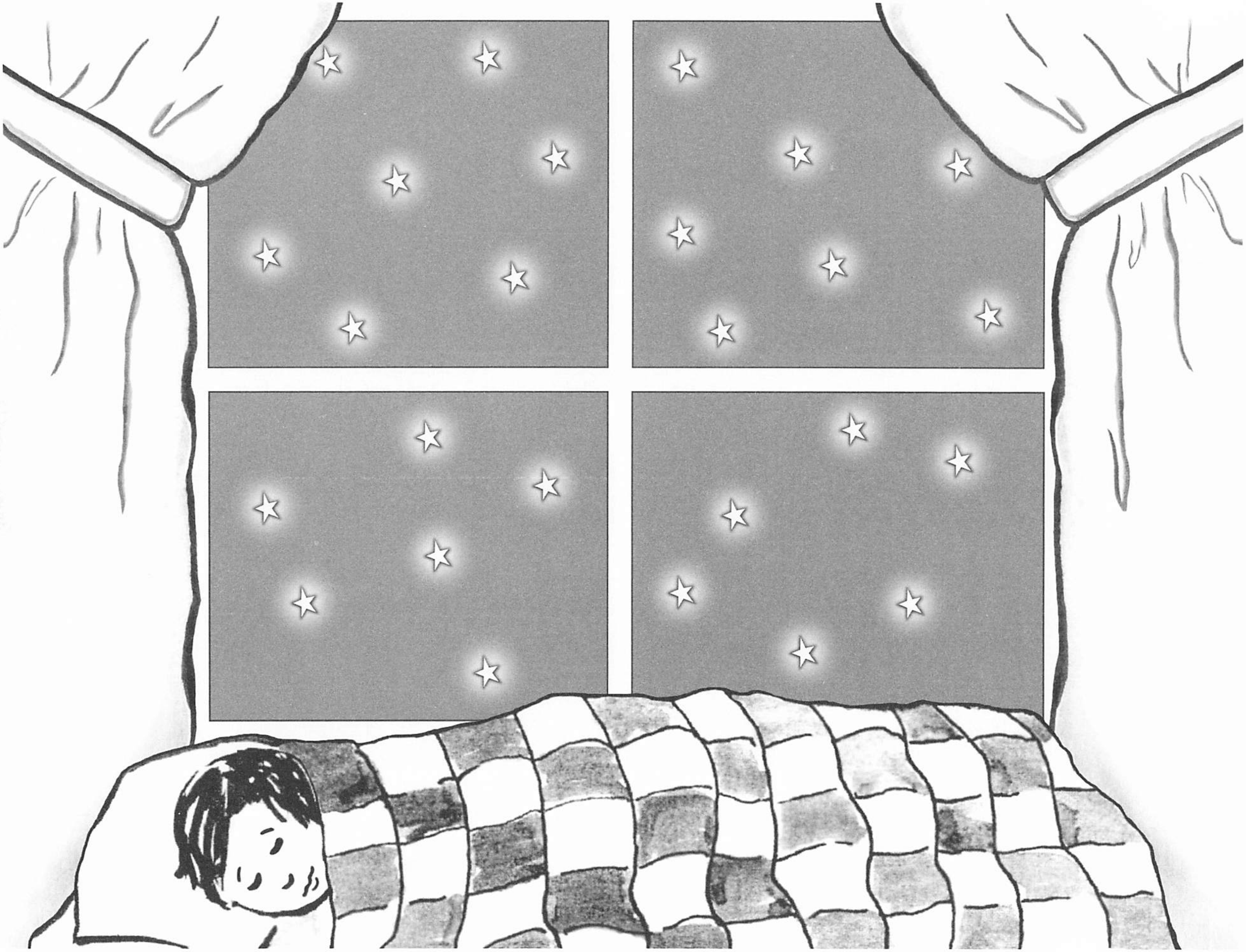
DIAGONALS Diagonal lines are the most advanced. Pre-stroke pages provide practice before the diagonal letters and shapes are introduced.

ALPHABET ACTIVITIES

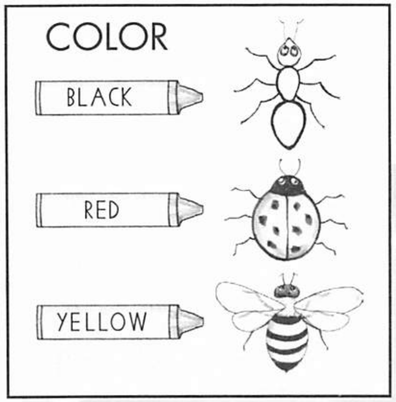
NUMBERS Numbers are easy when children learn with finger plays and animals. Count the animals and count the legs too!

EXTRAS

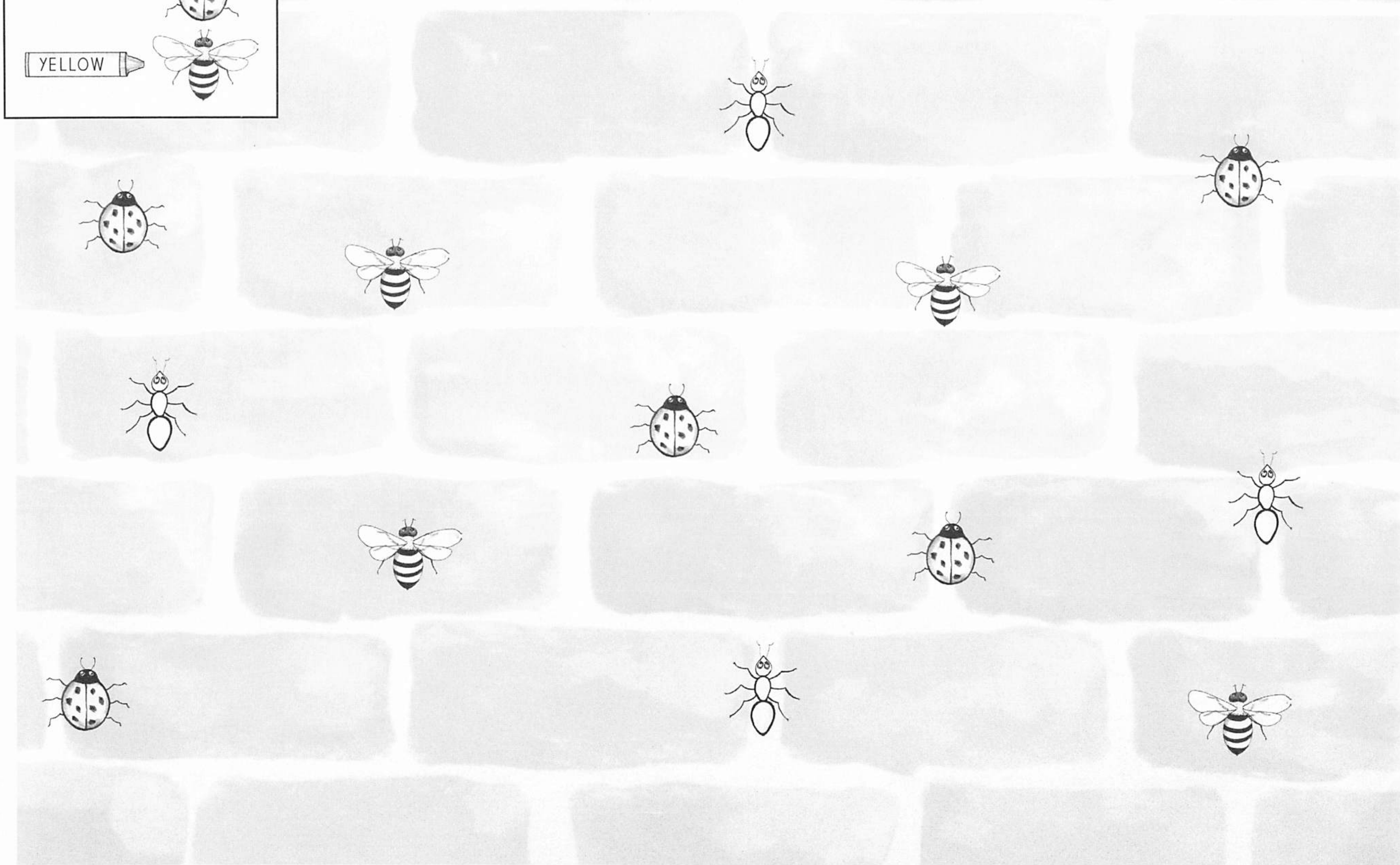




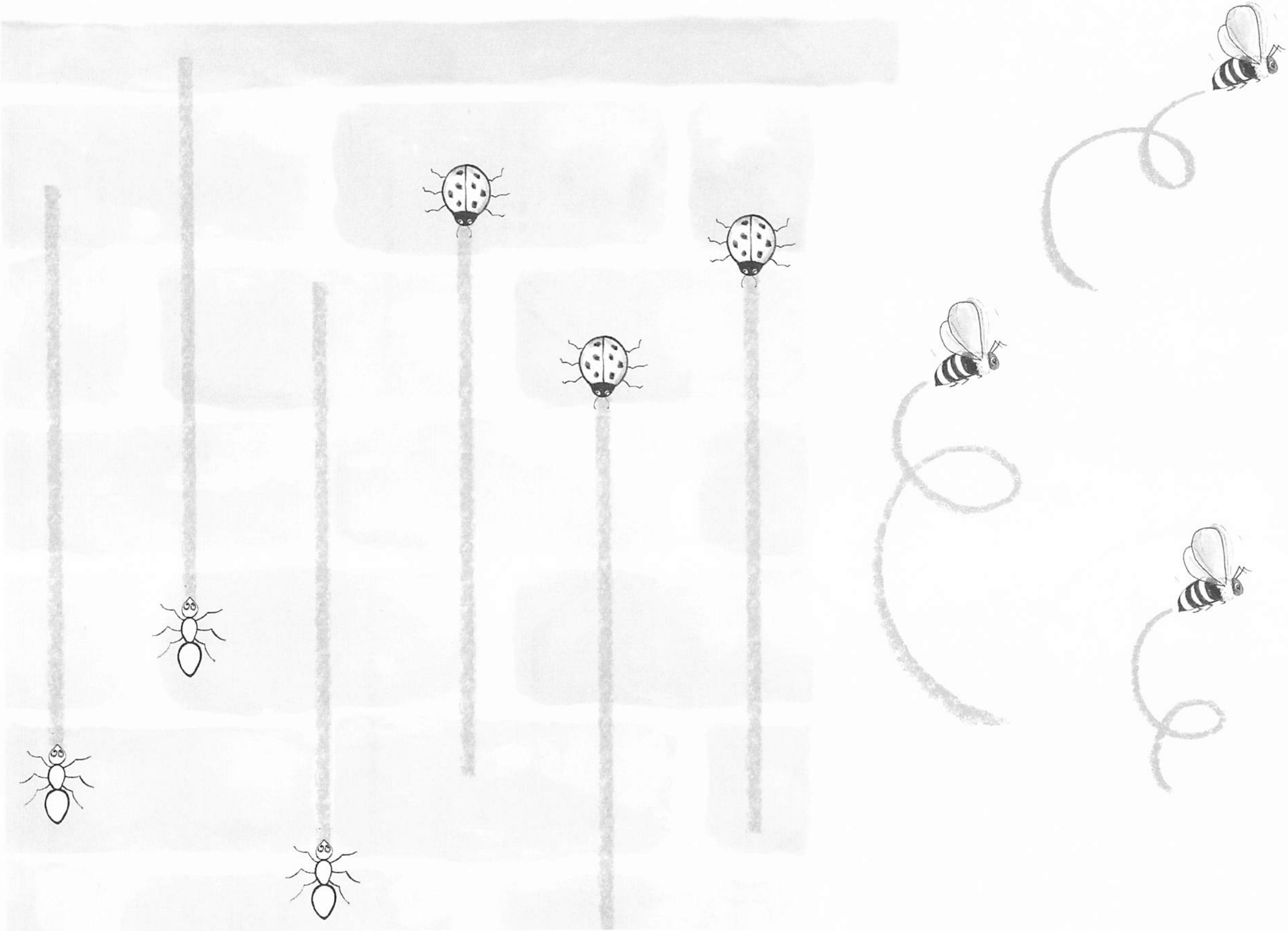




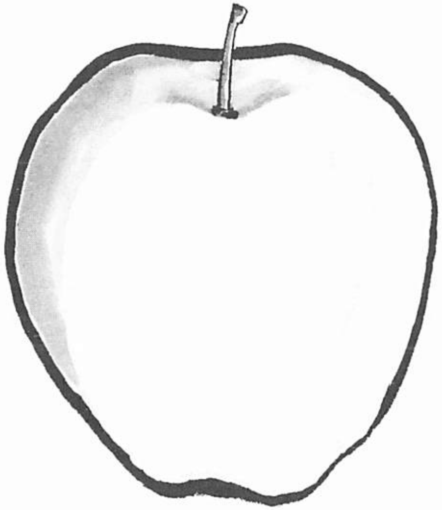
The ant, the bug, and the bee, are not like you and me
They walk on the wall, but they never fall
The ant, the bug, and the bee



6 little legs walk up, 6 little legs walk down
6 little legs get tucked in when they fly around



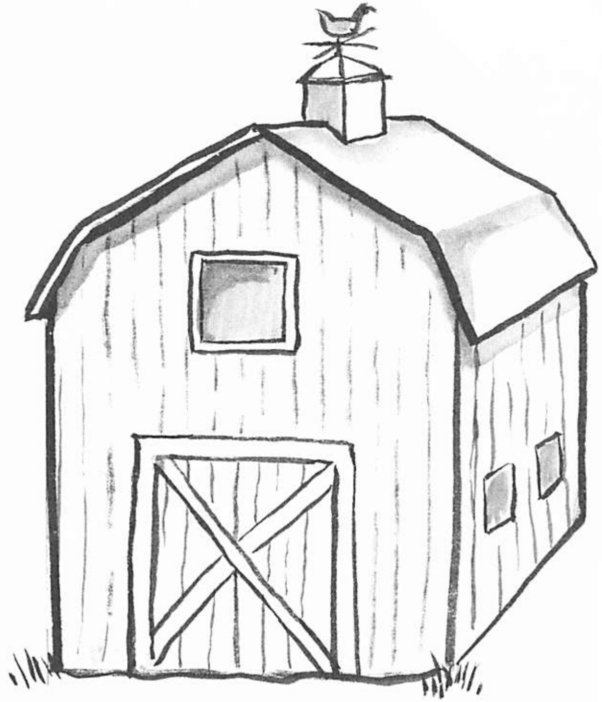




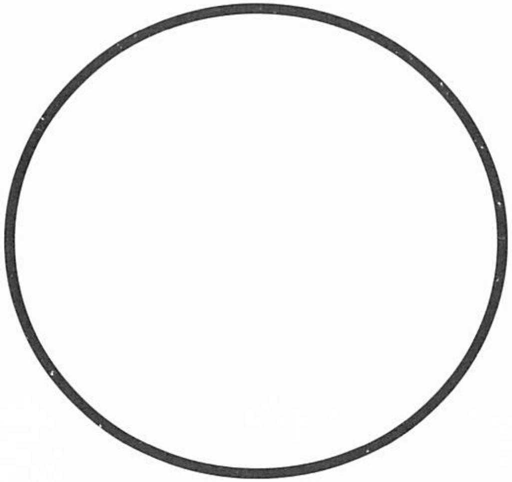
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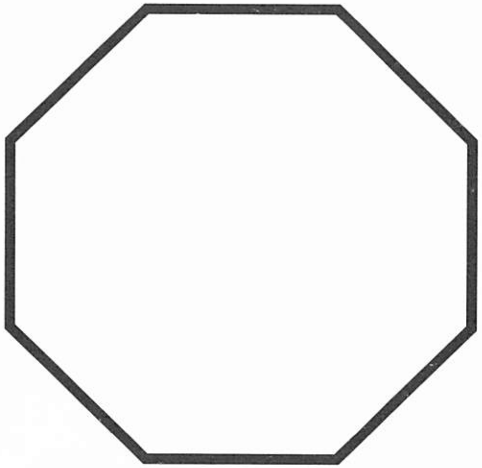
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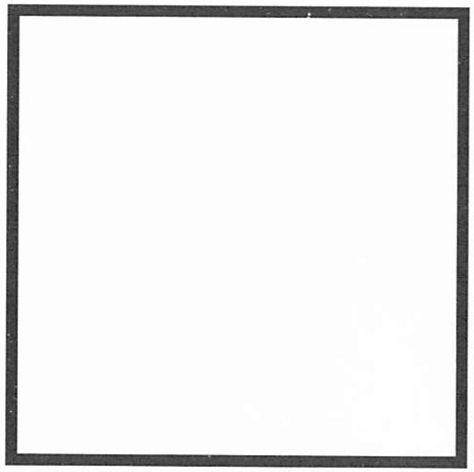
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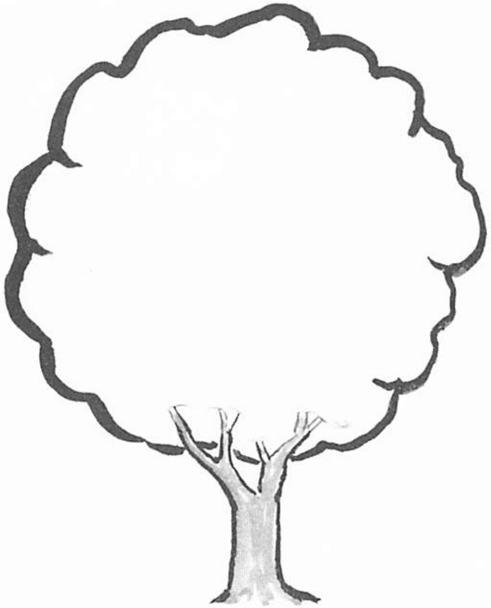


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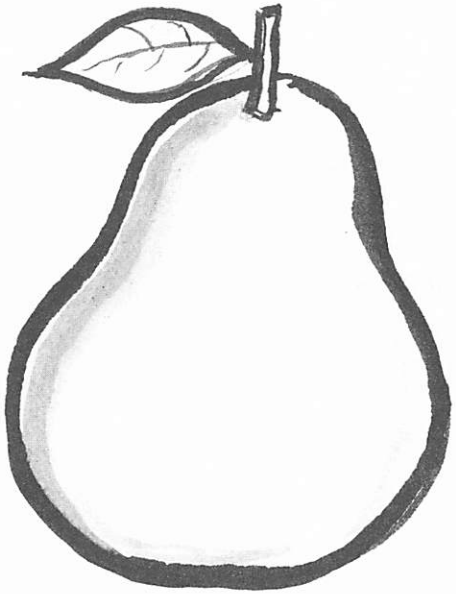




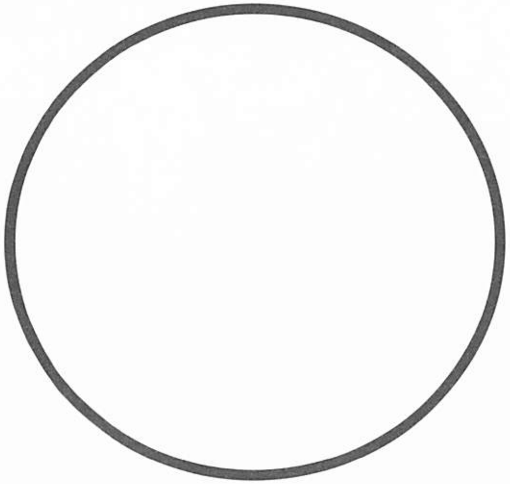
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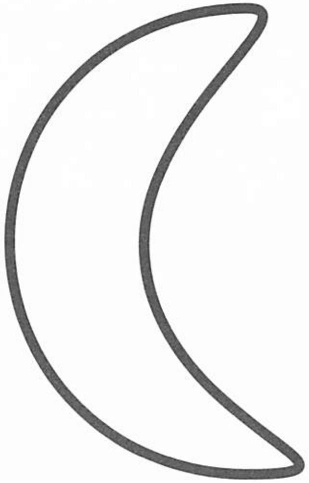
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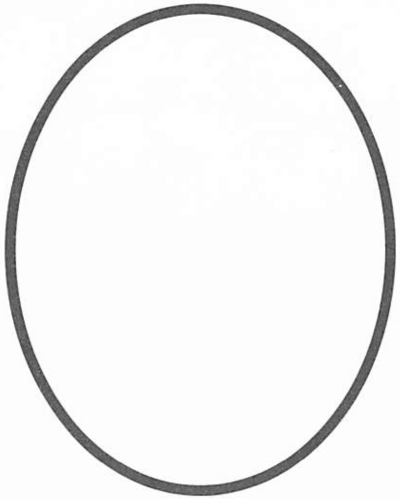
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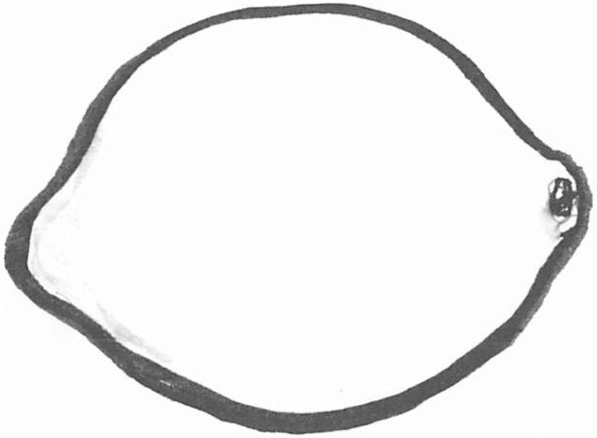


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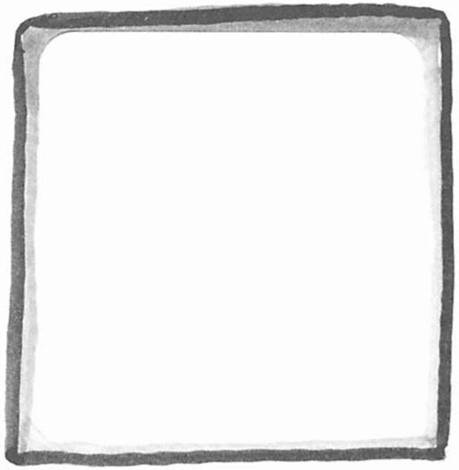


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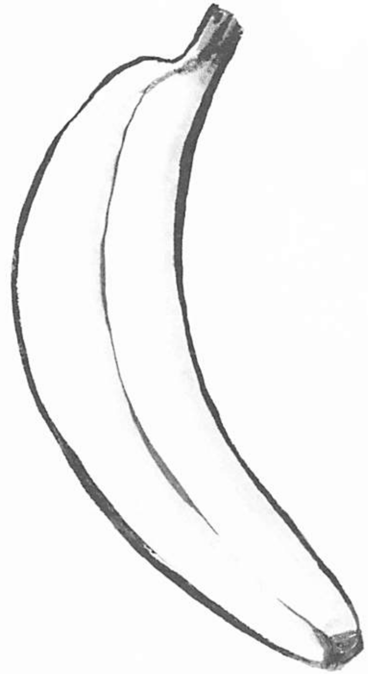




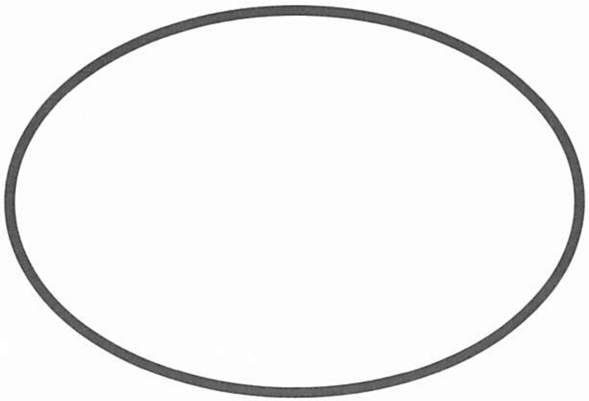
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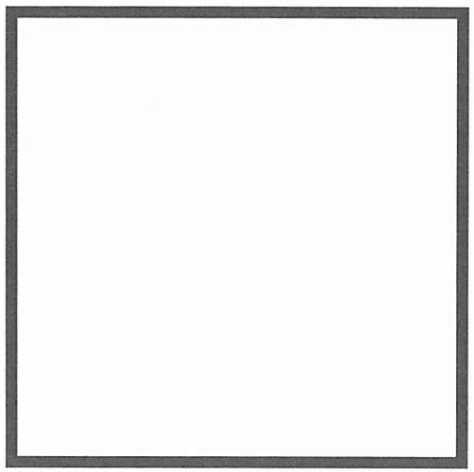
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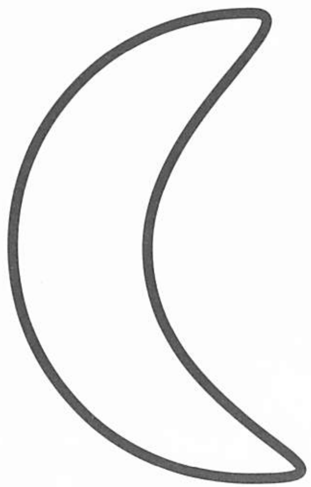
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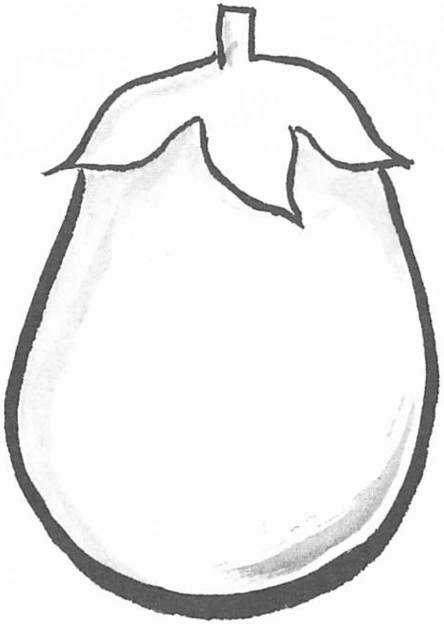


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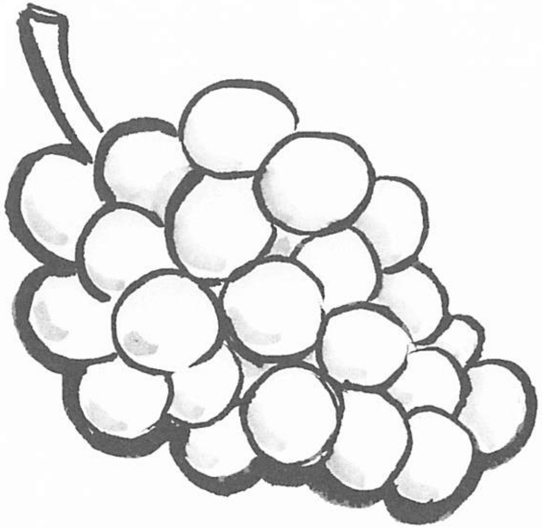


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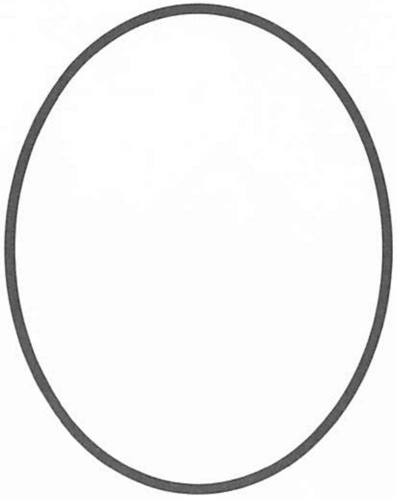
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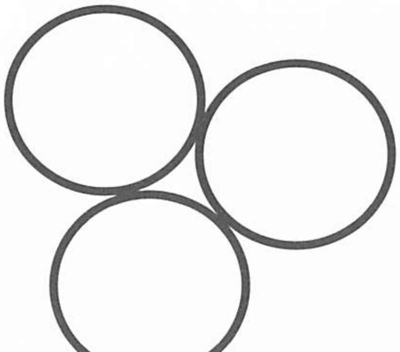
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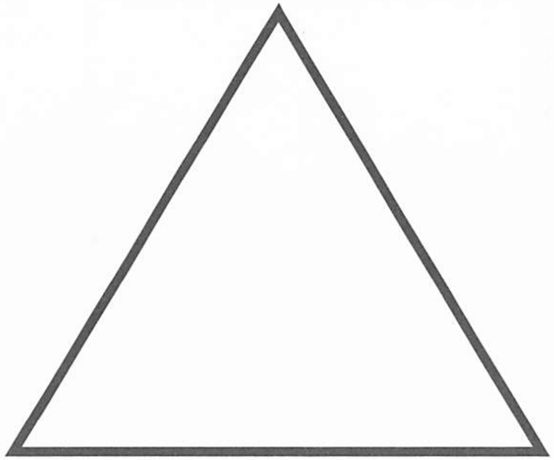
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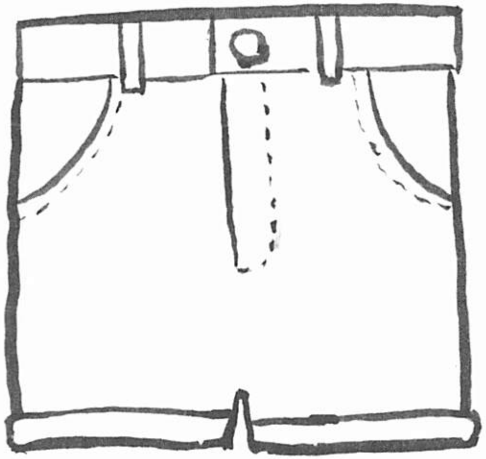


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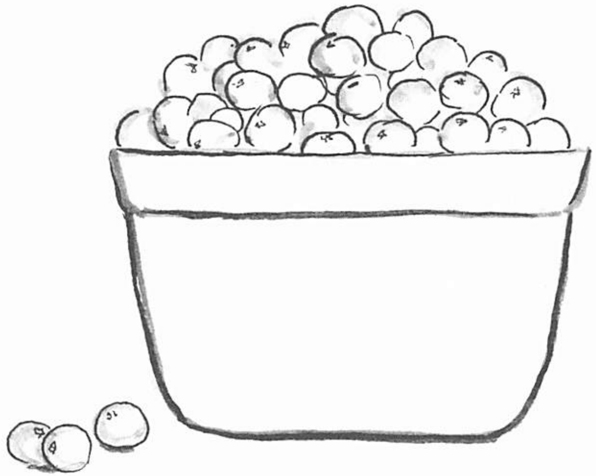


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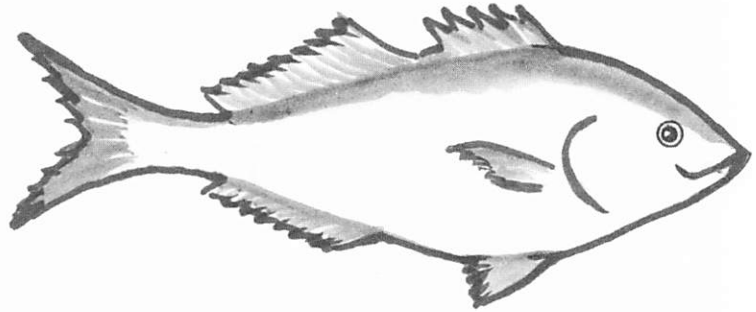




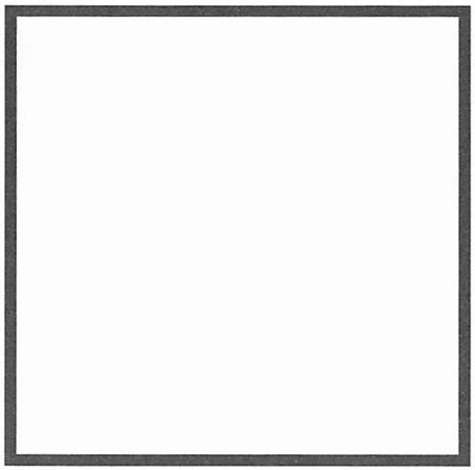
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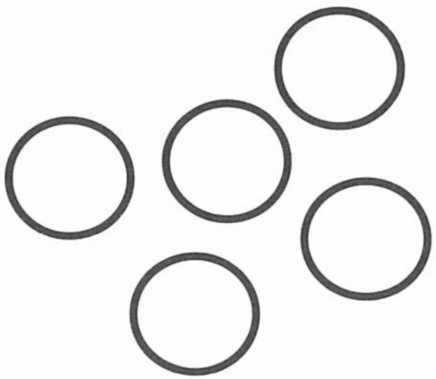
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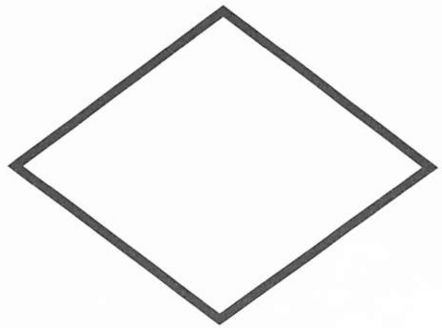
BLUE FISH



SQUARE



CIRCLES

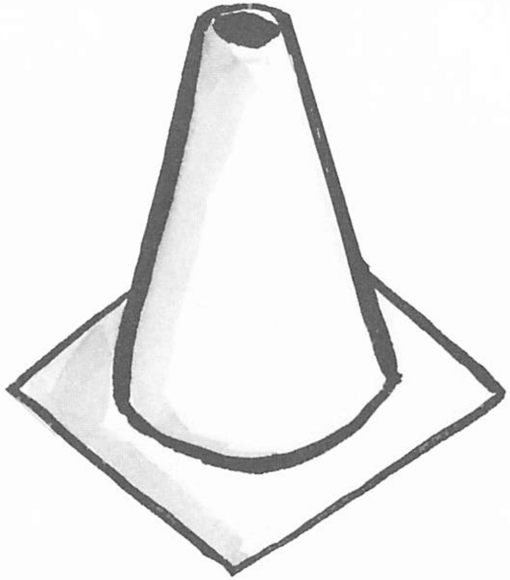


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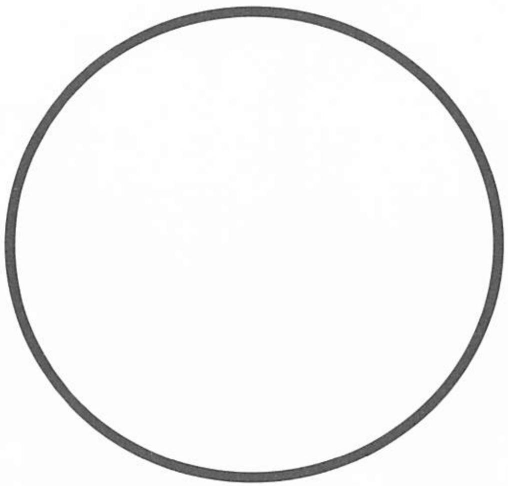
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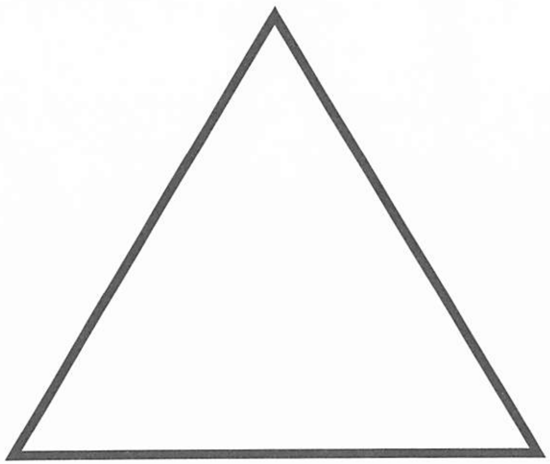
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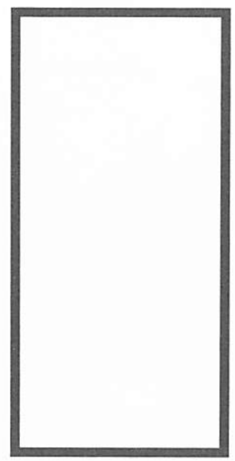
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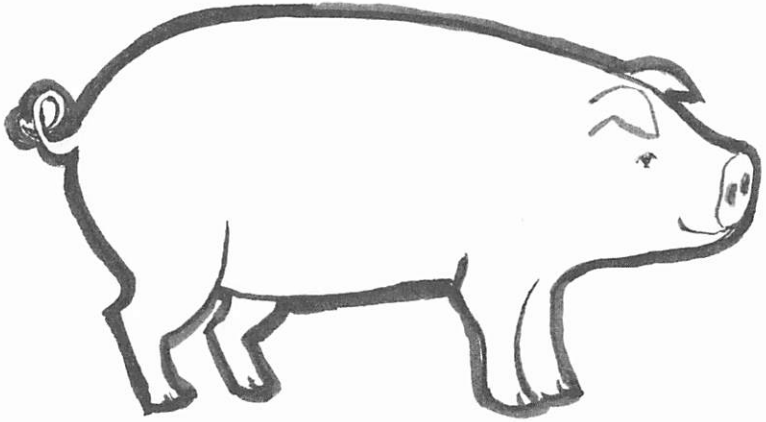


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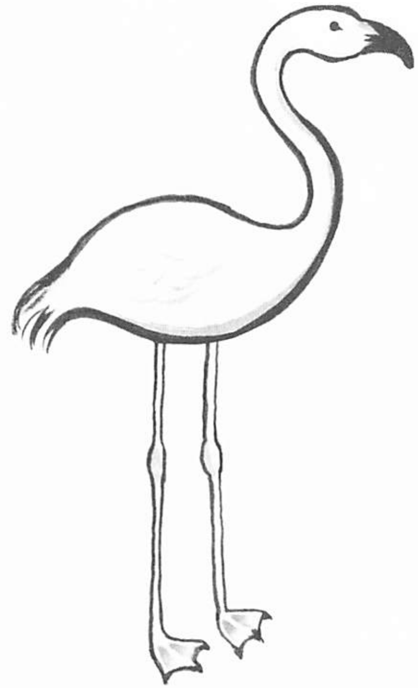




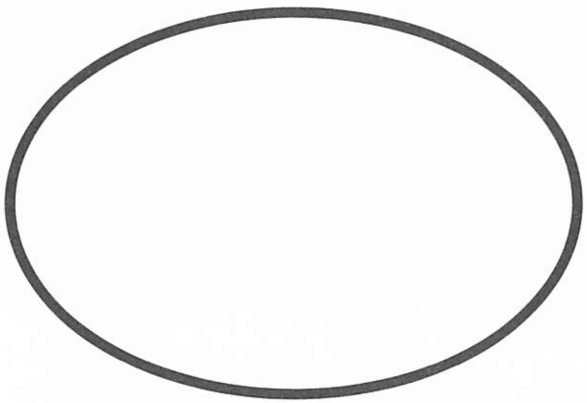
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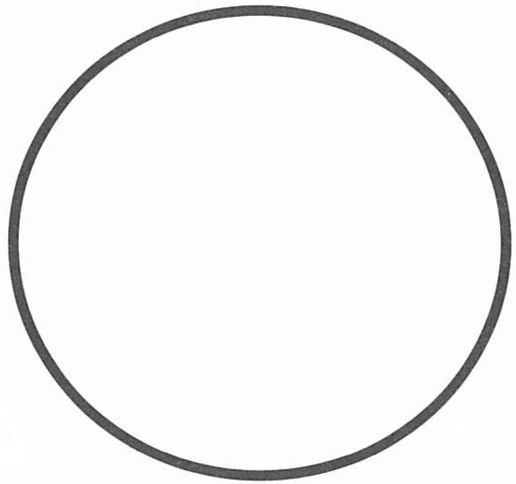
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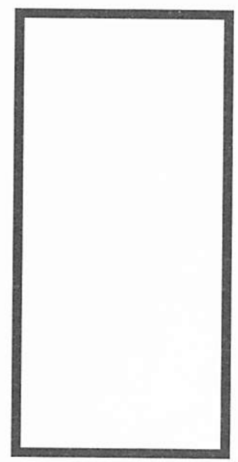
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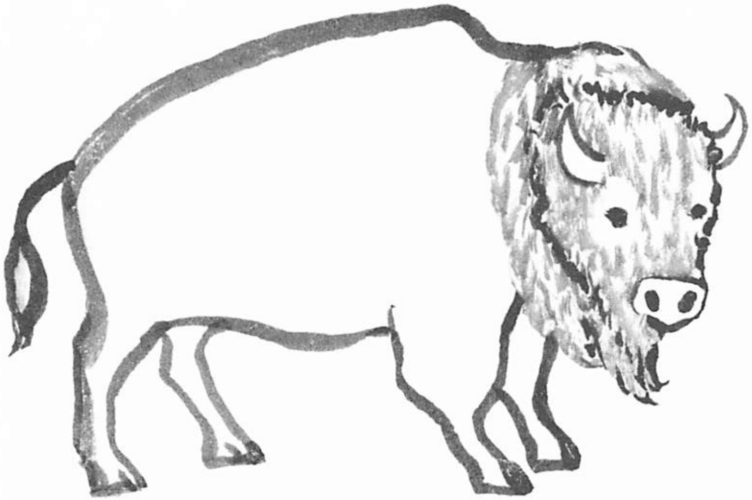


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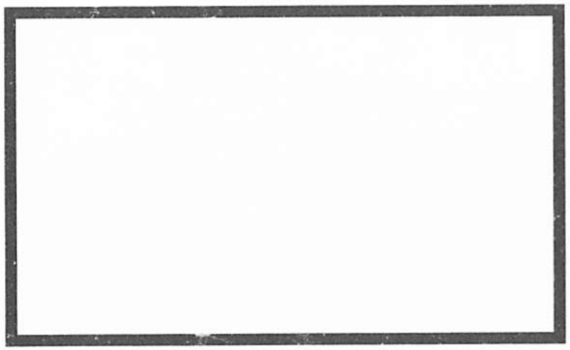
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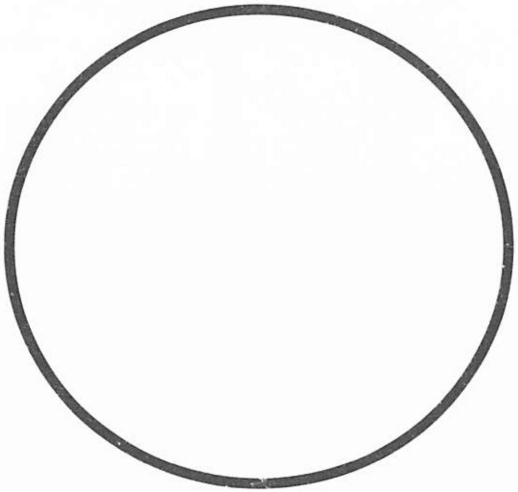
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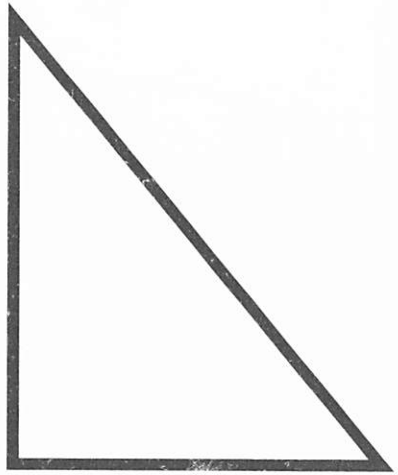
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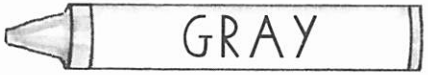
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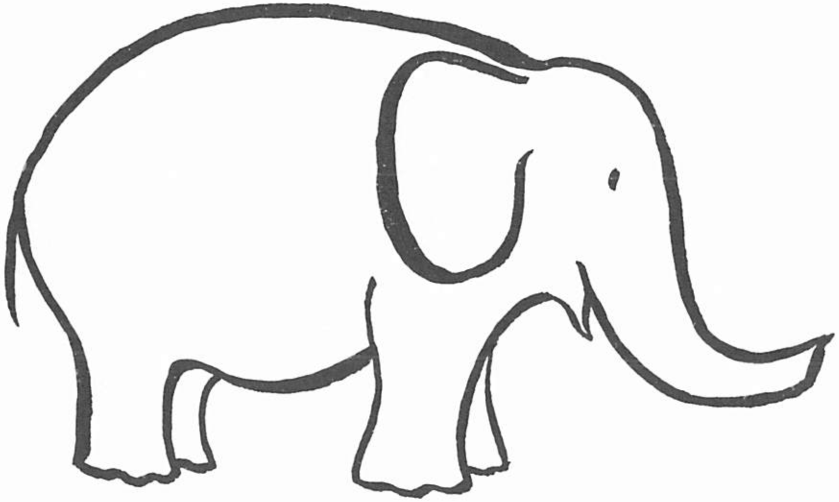


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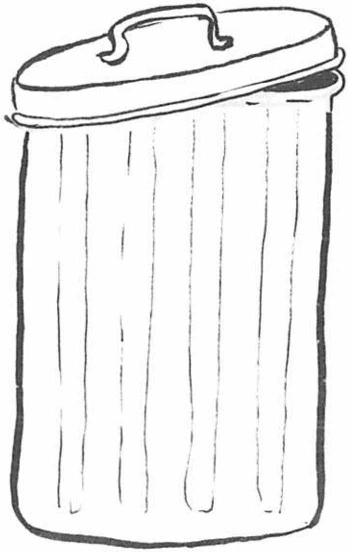


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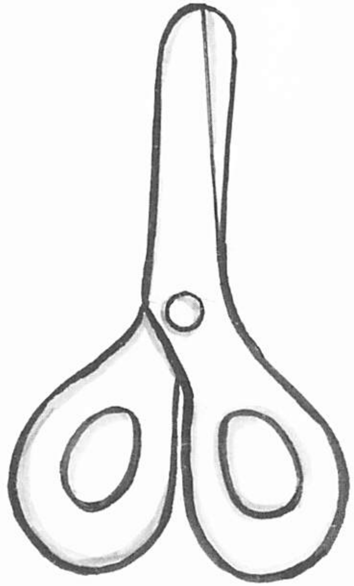




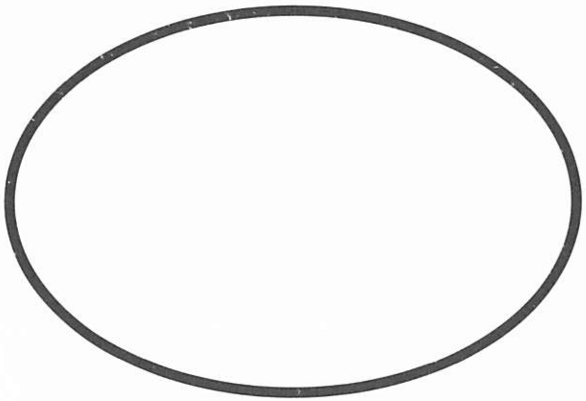
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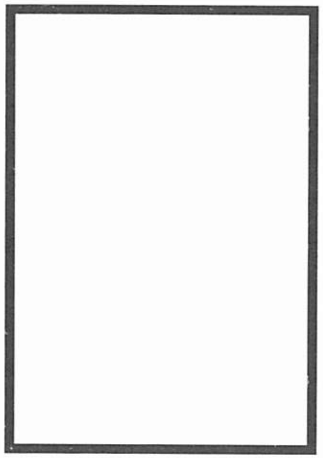
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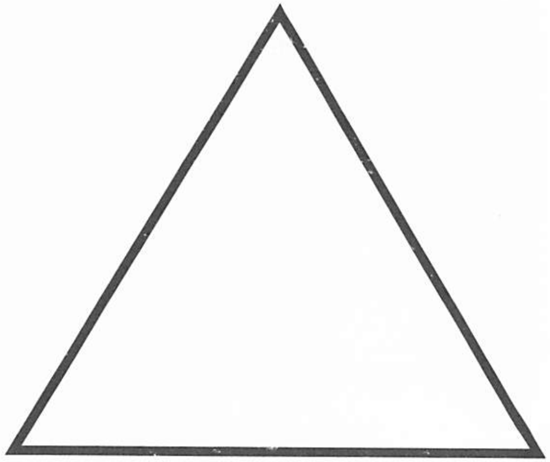
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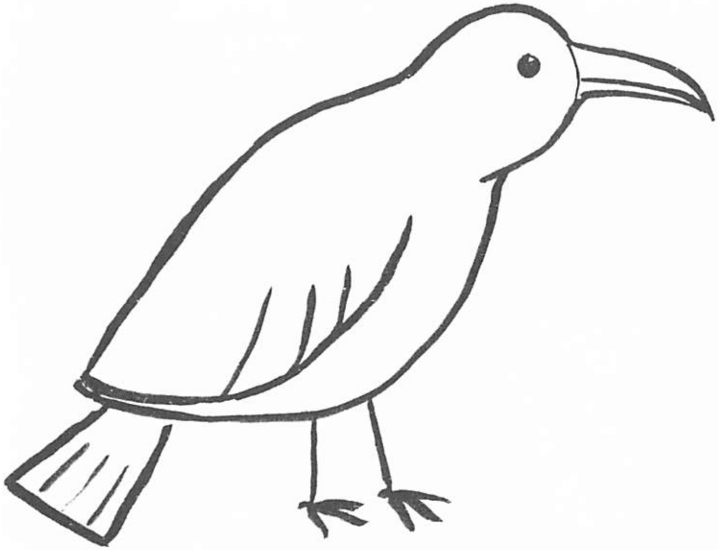


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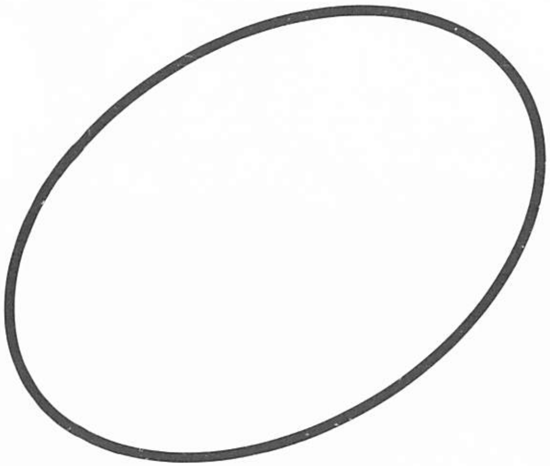
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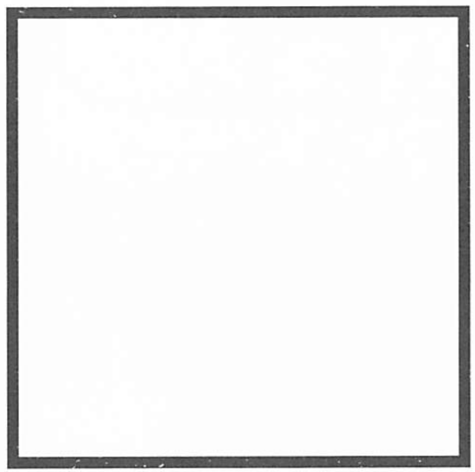
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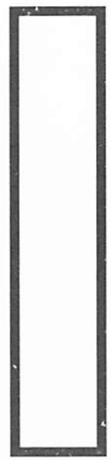
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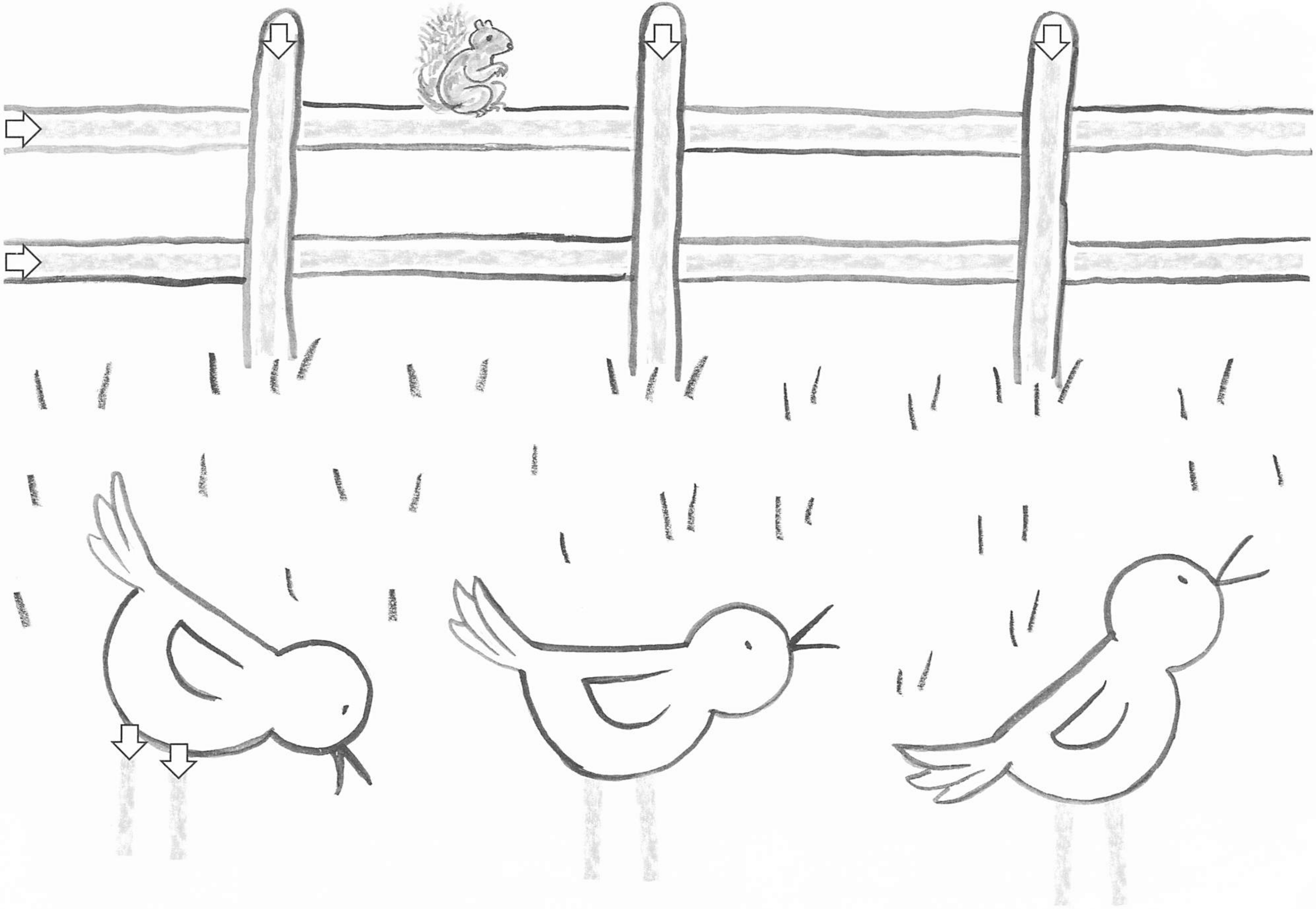
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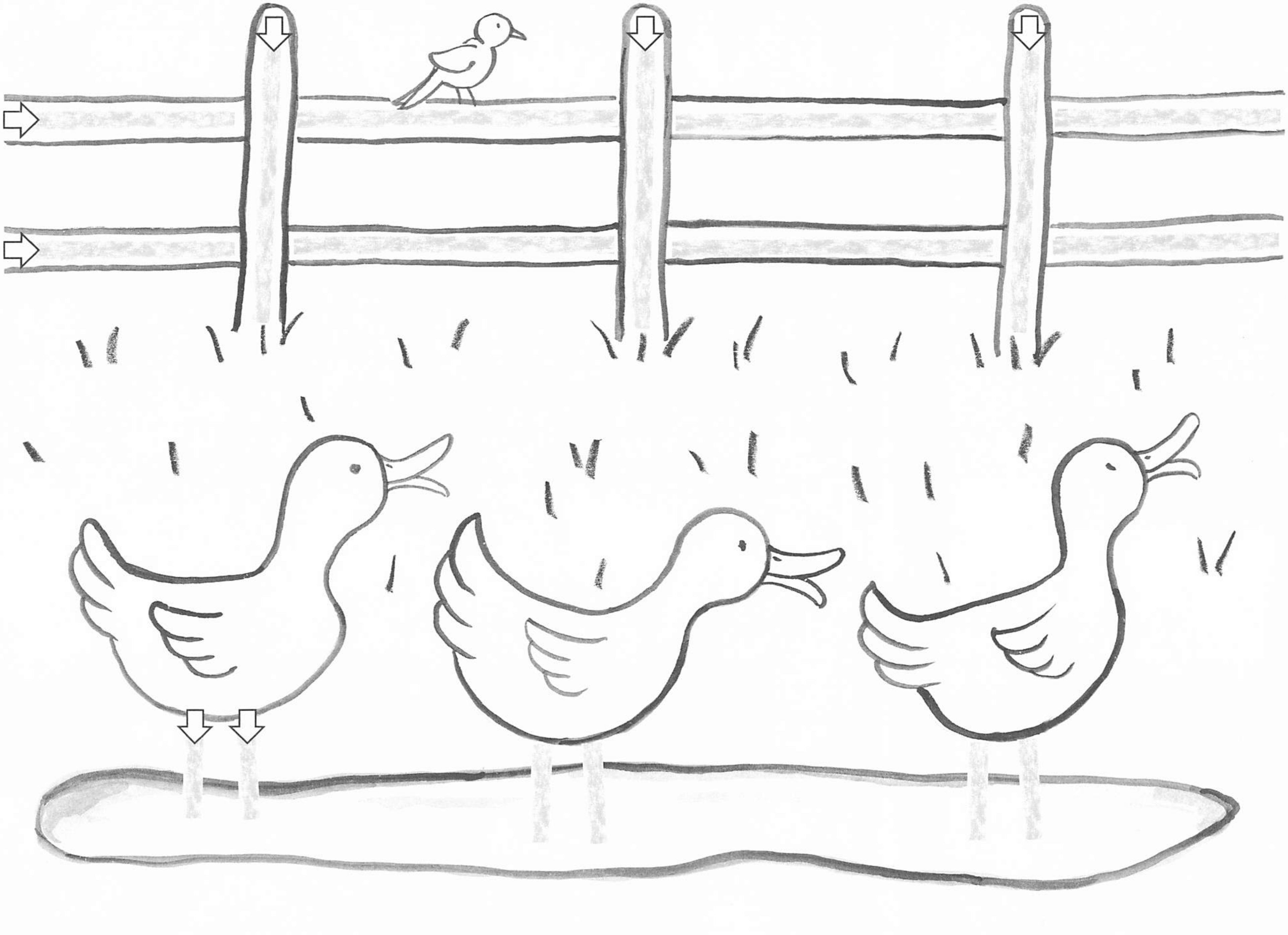


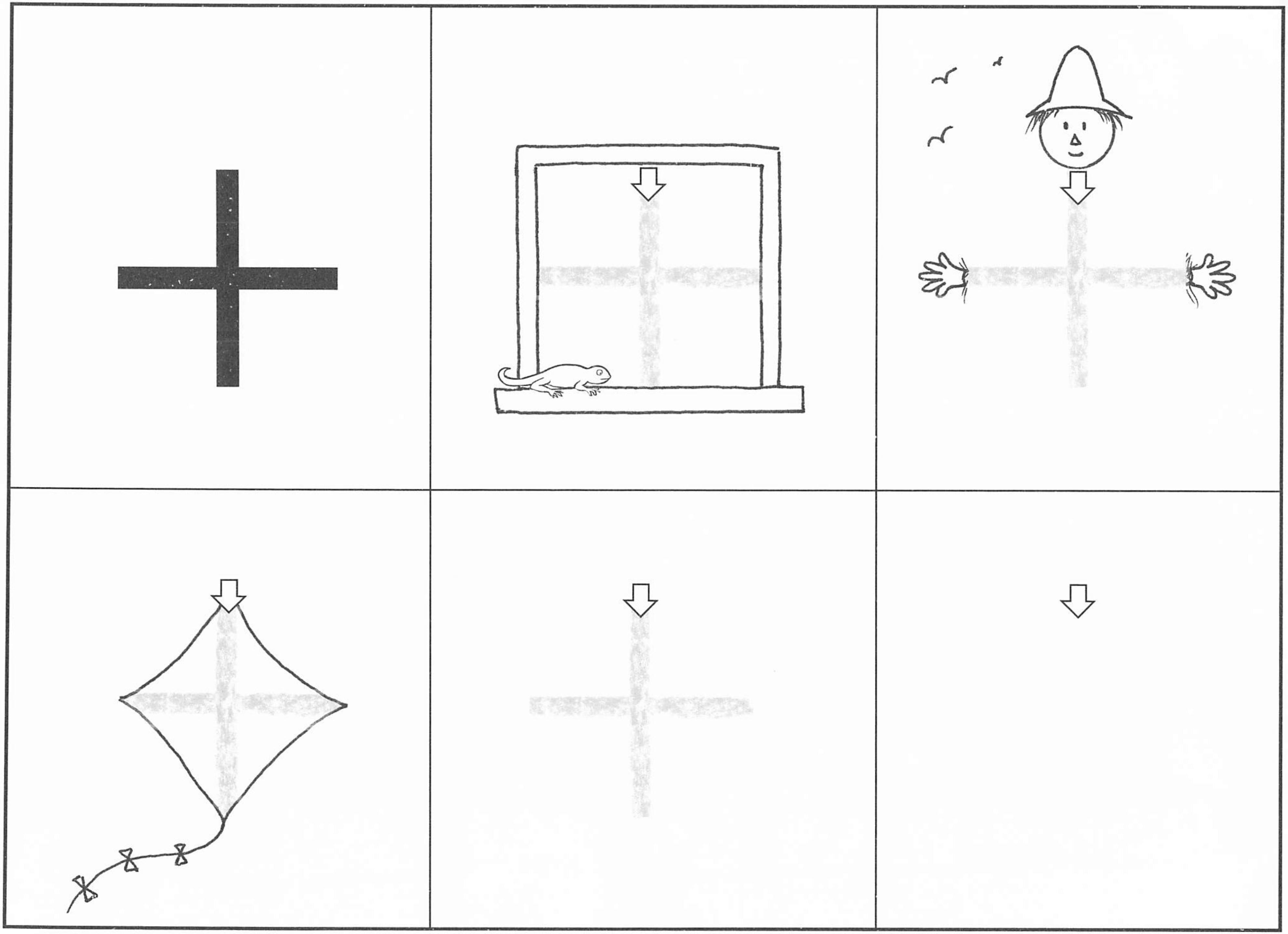
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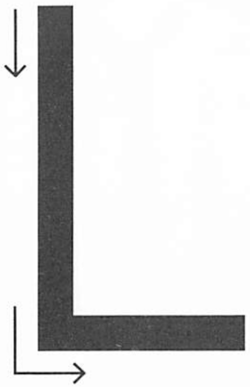


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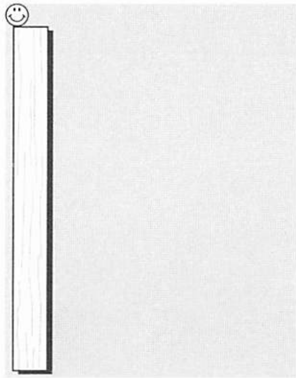




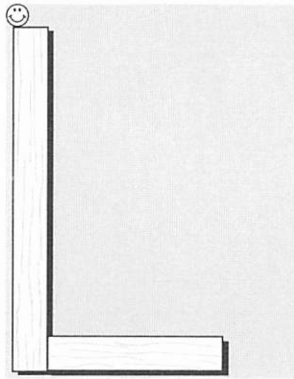


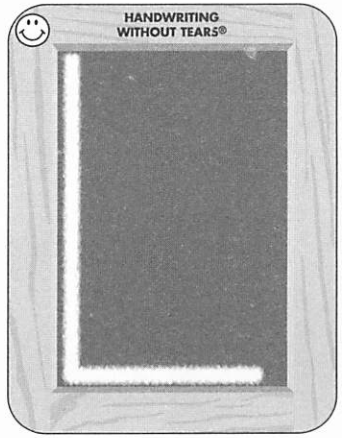


BIG LINE



+ LITTLE LINE

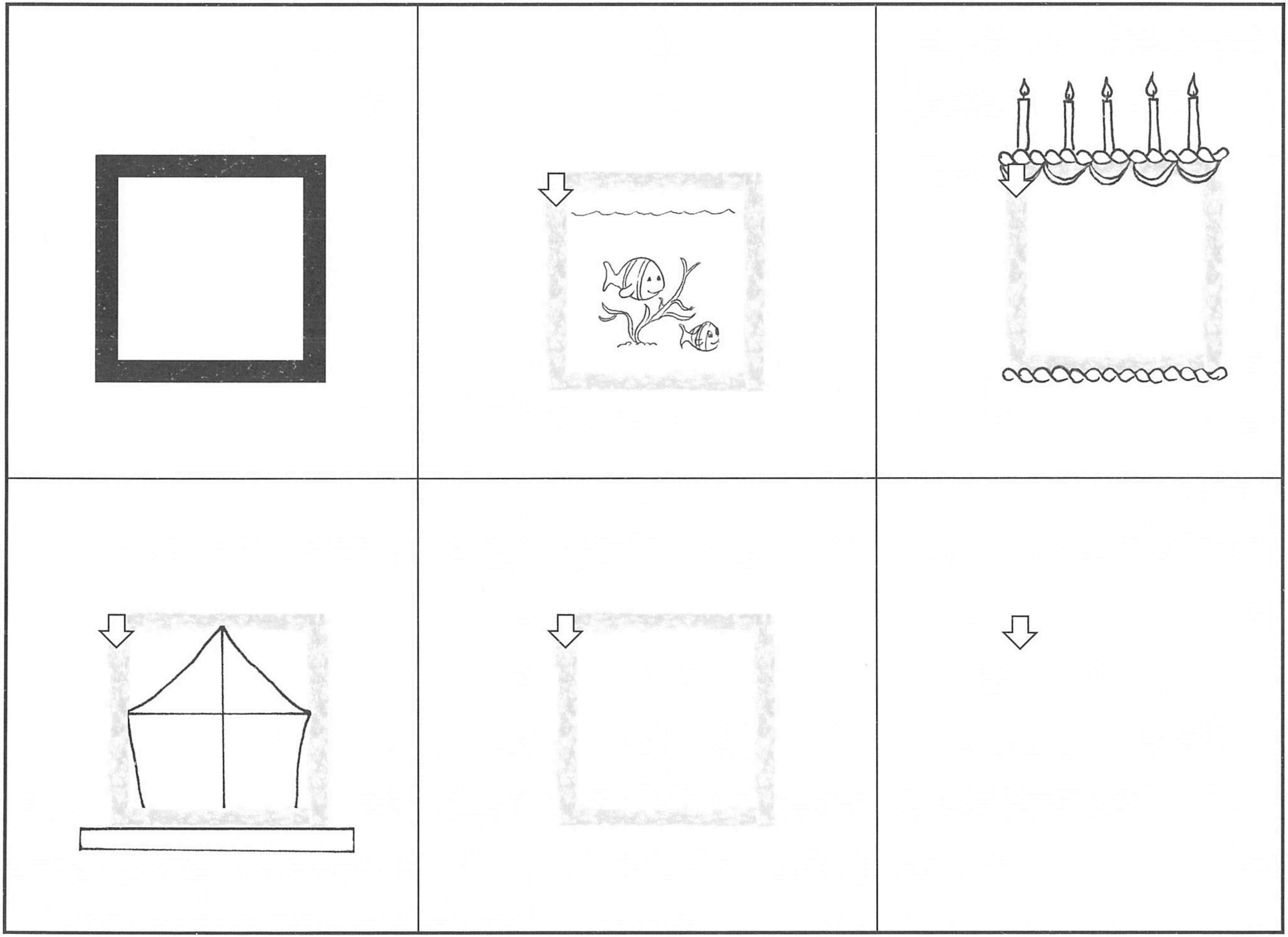


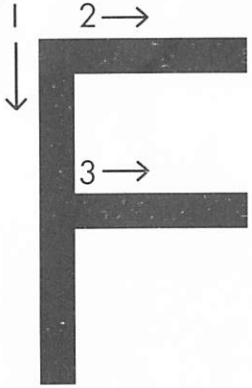


LIZARD

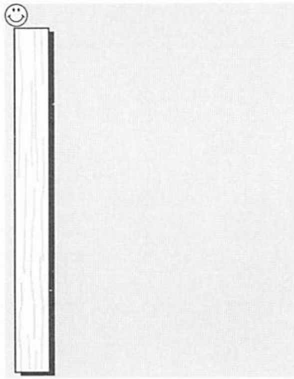




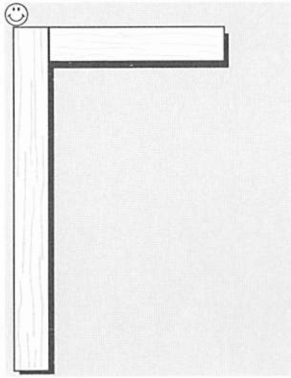




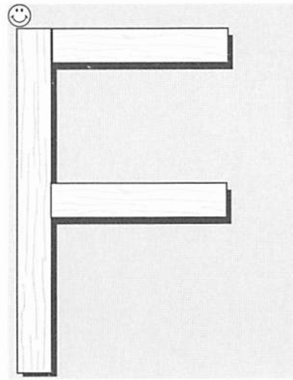
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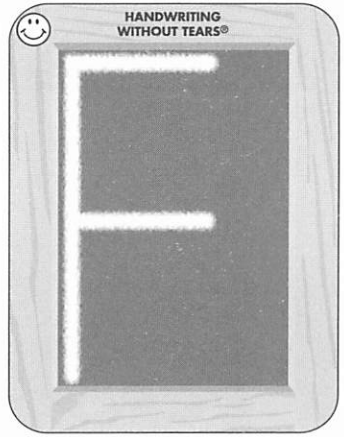


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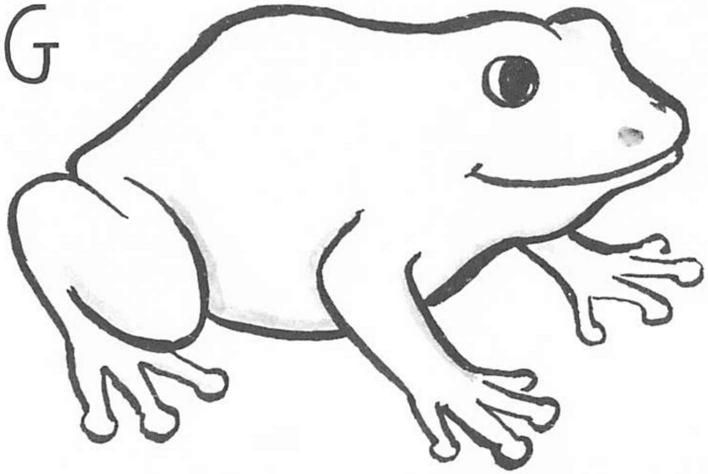


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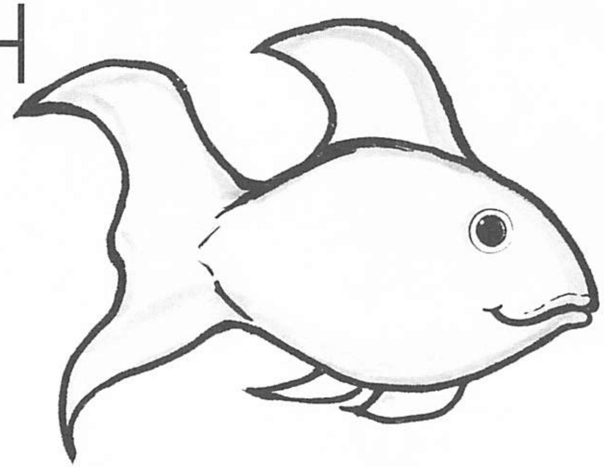




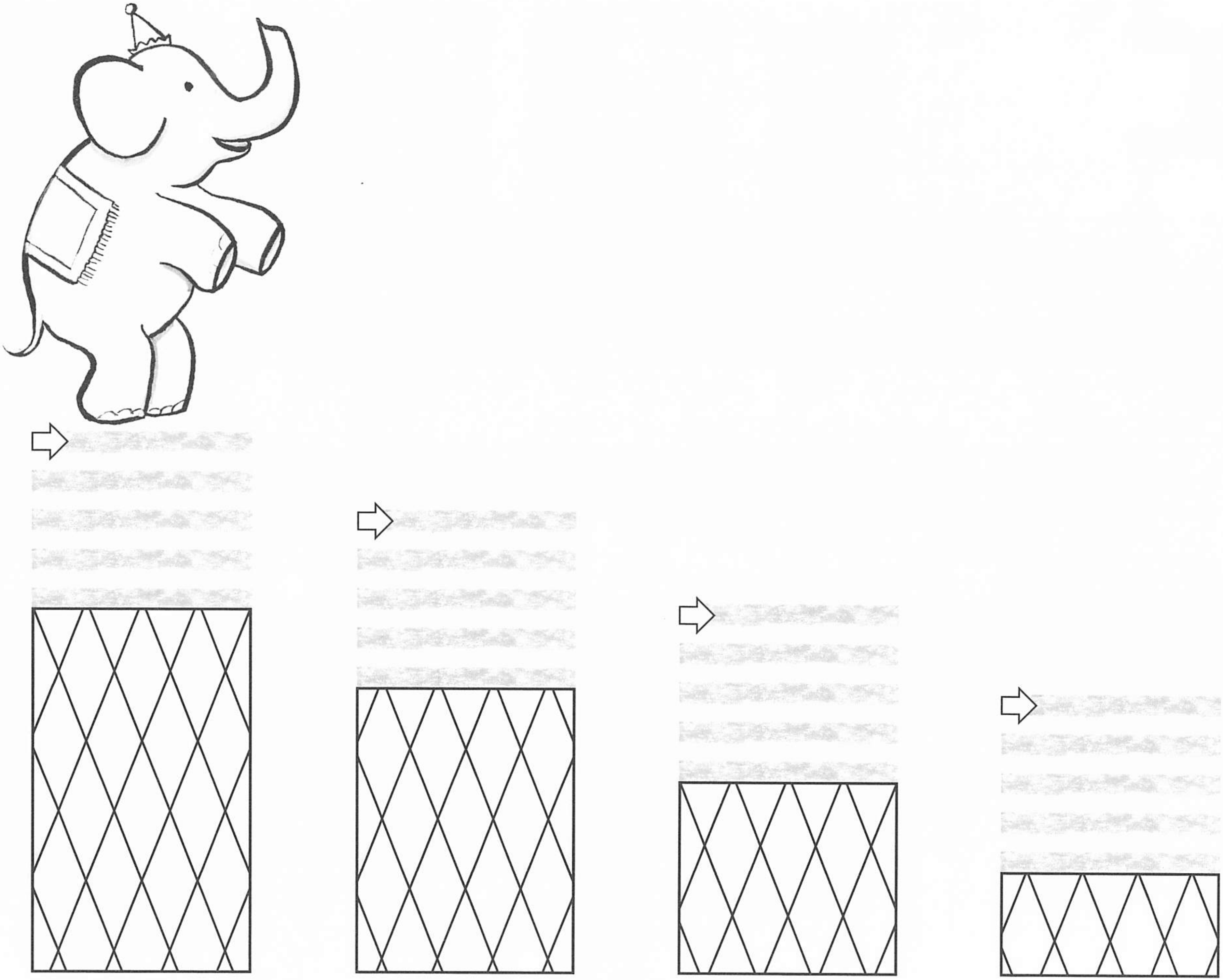
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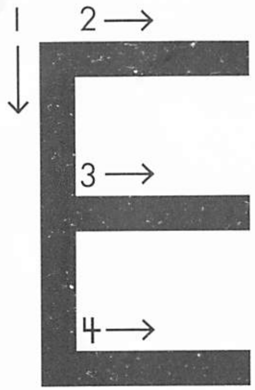


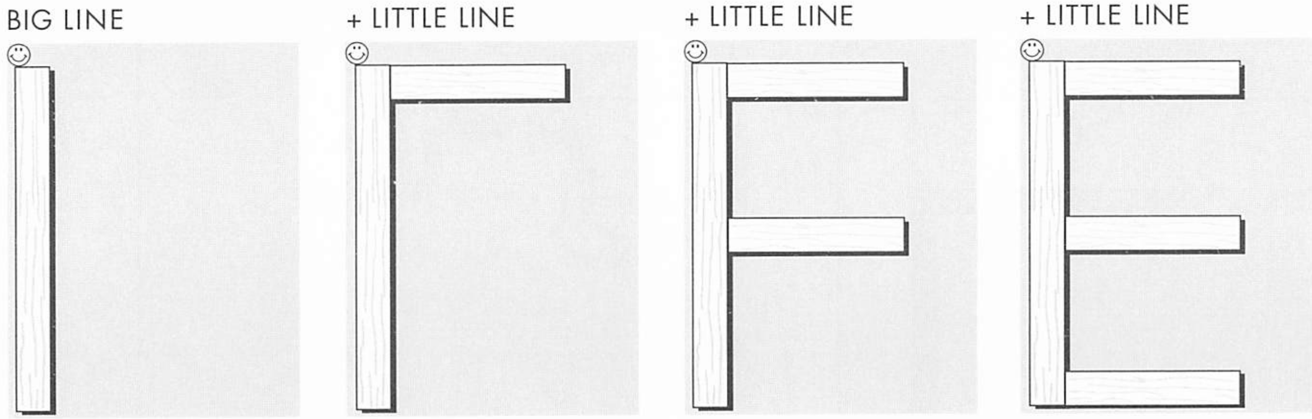
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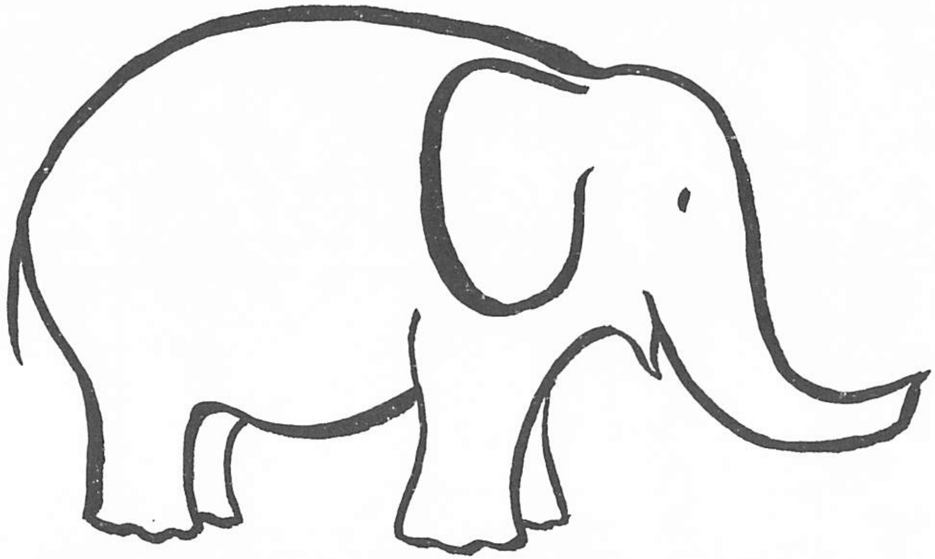




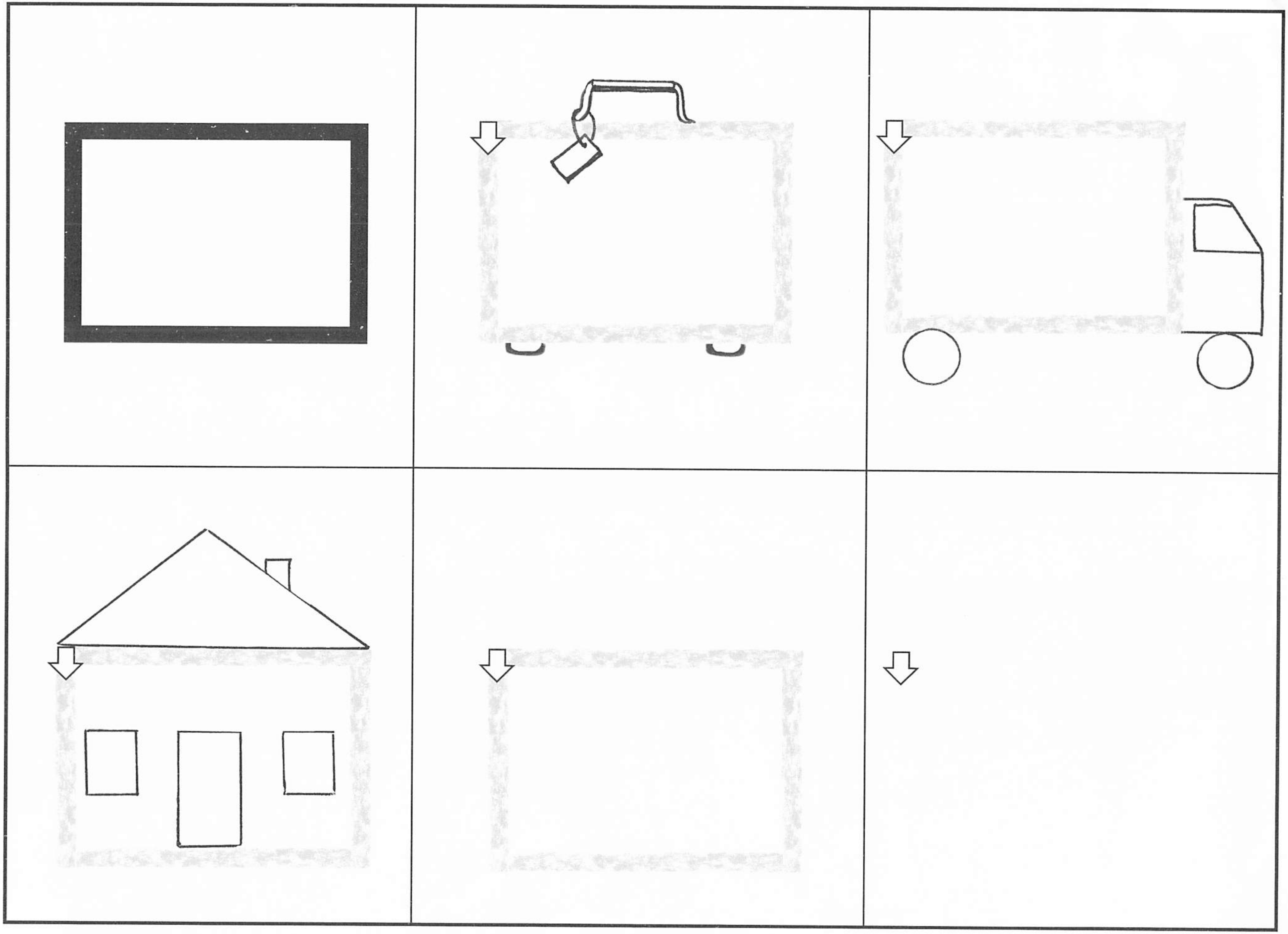


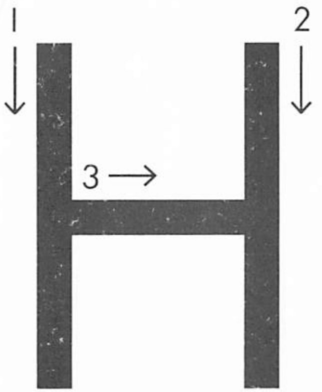


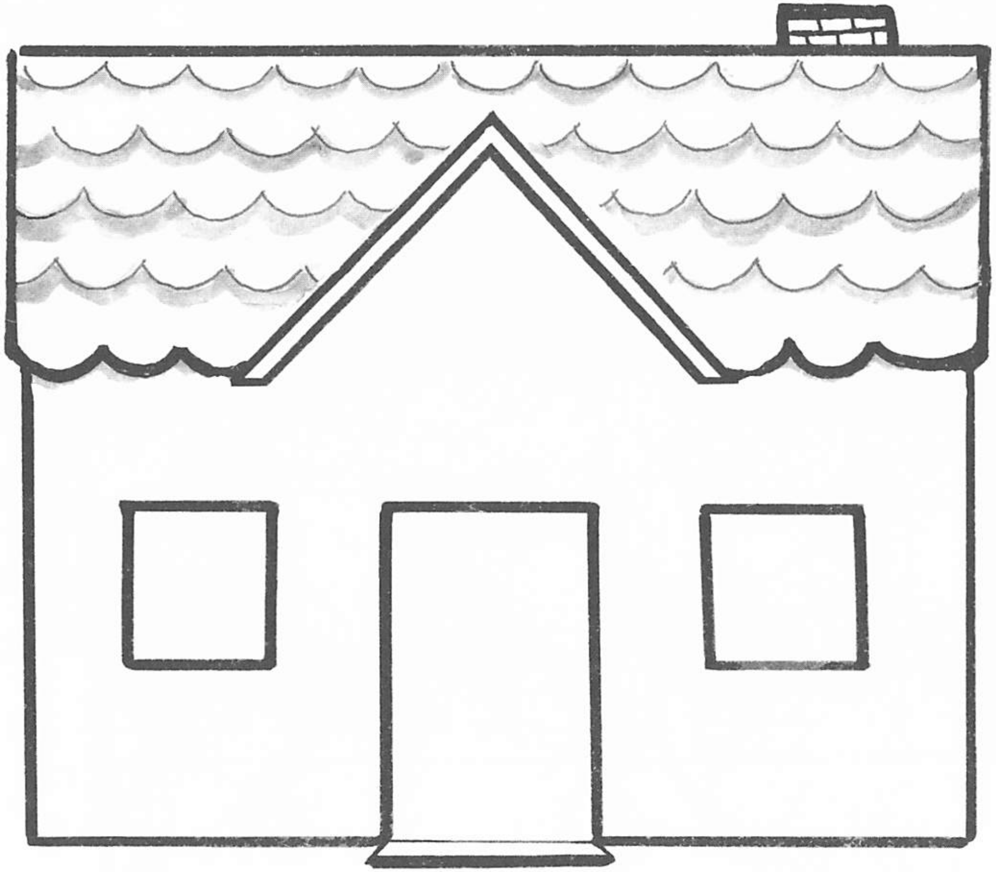
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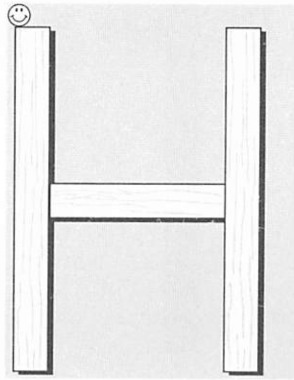




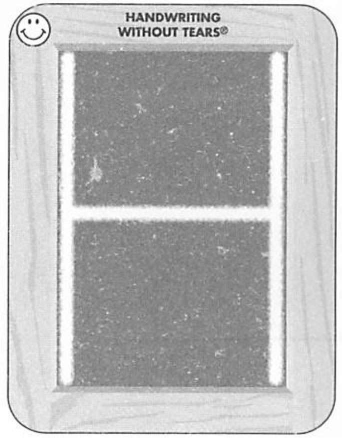




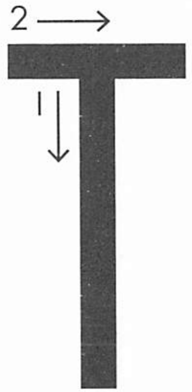




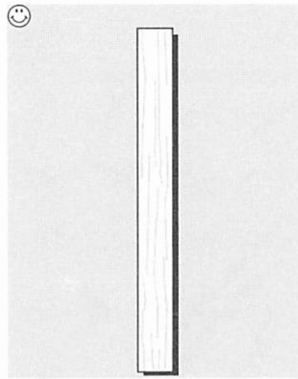
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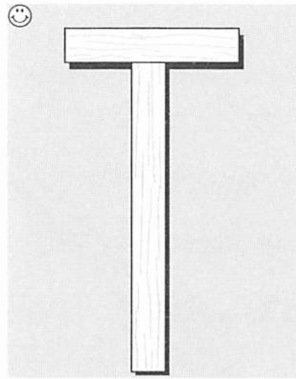


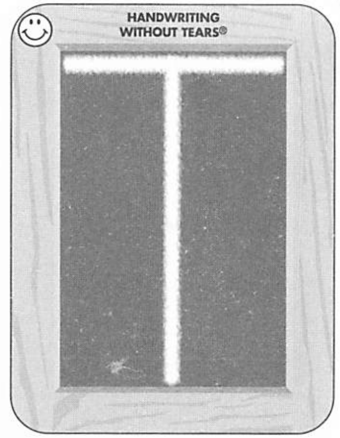


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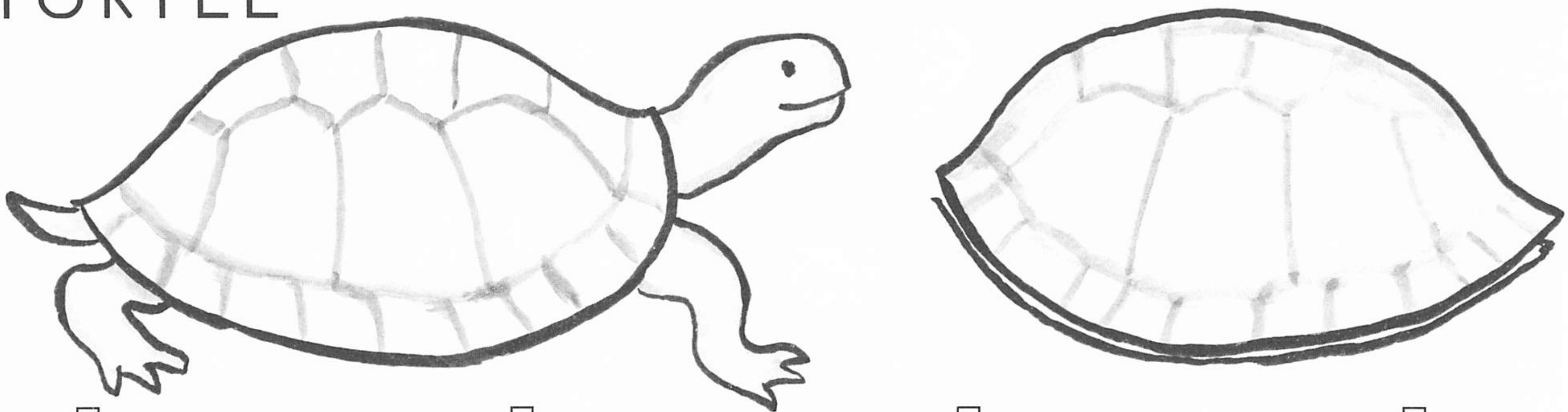


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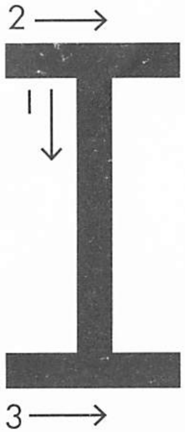




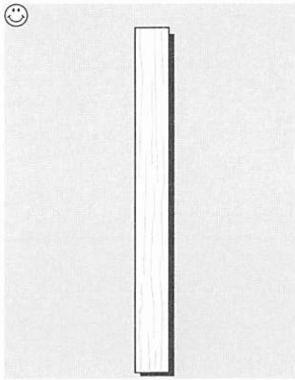
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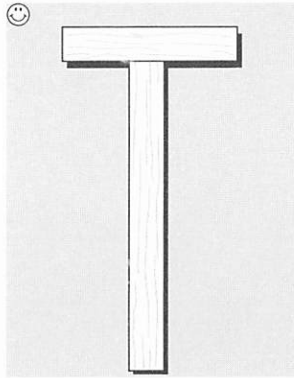




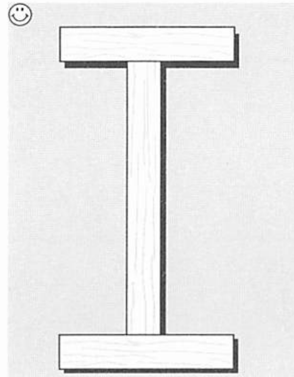
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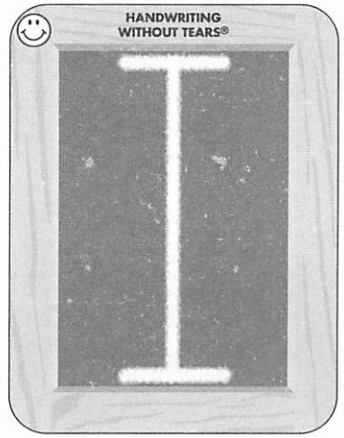


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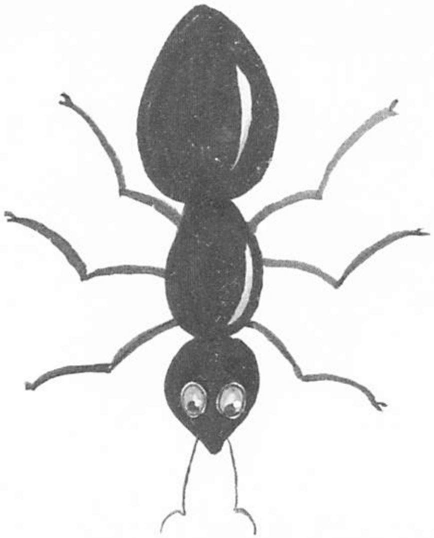


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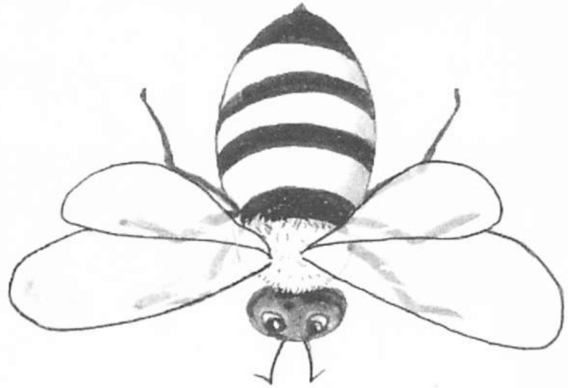




INSECTS







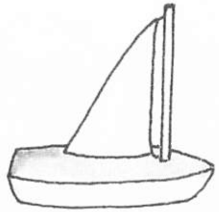


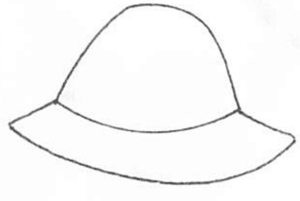

RAIN


PUDDLE


RAINCOAT


BOOTS


BOAT

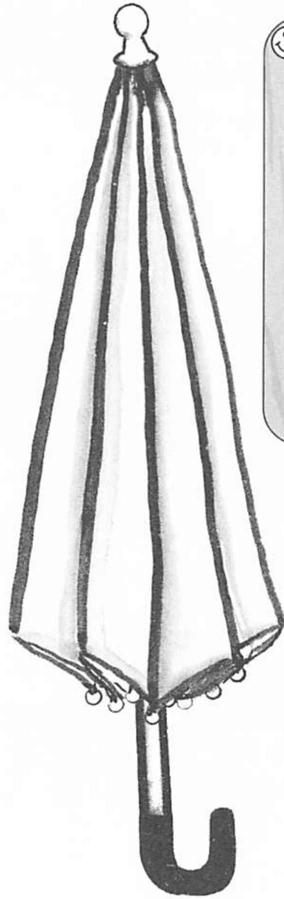

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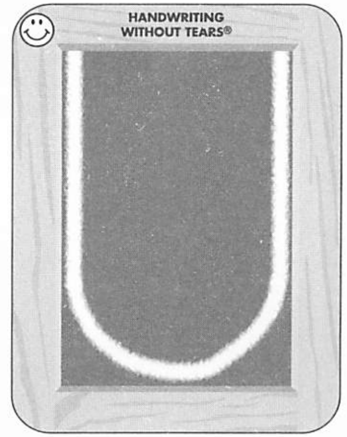


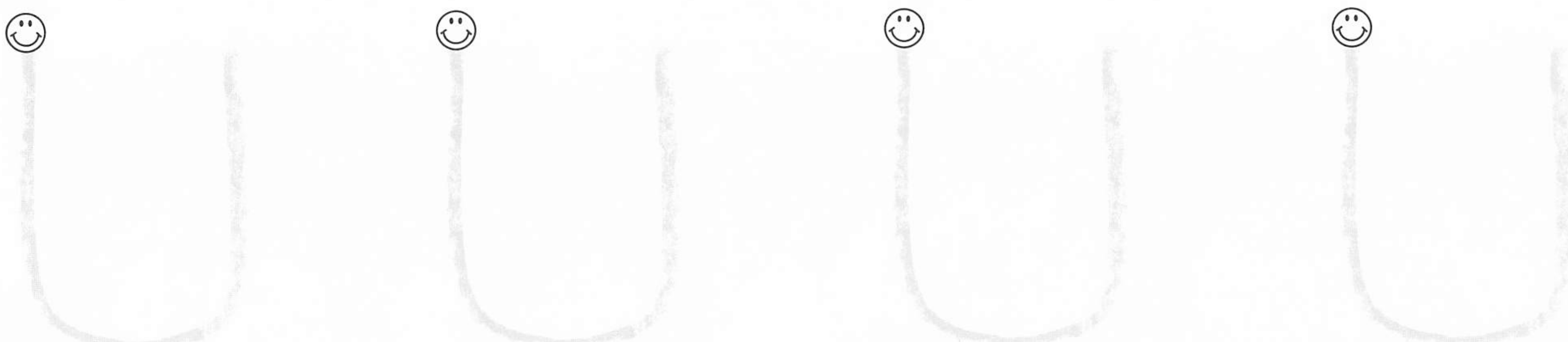
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UMBRELLA

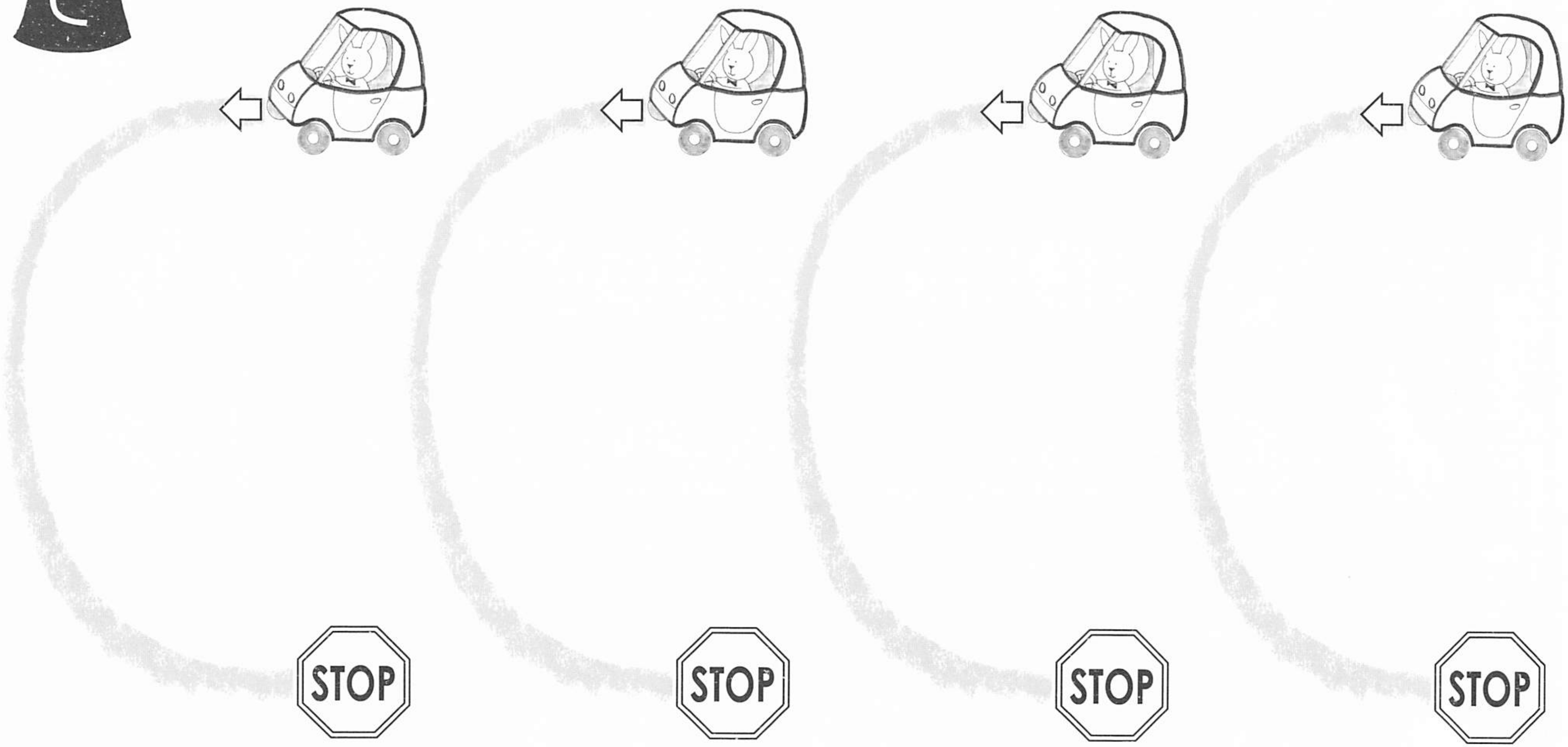






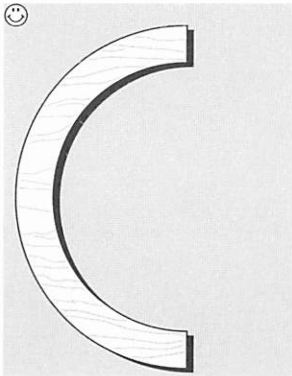


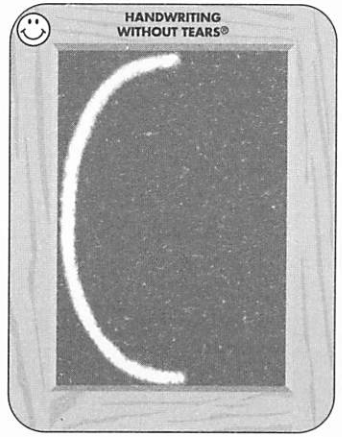

I'm the Magic C Bunny.
C


STOP
STOP
STOP
STOP

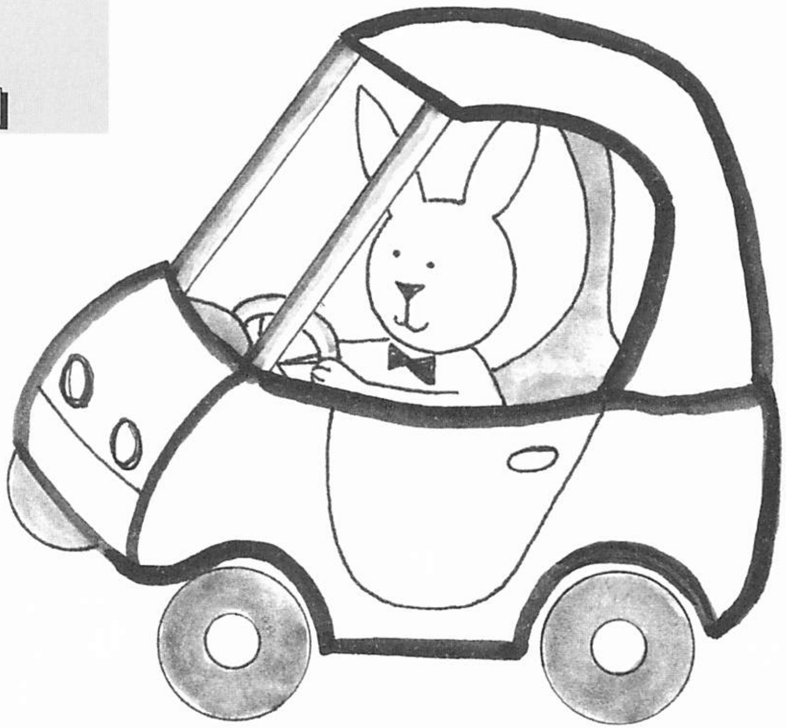


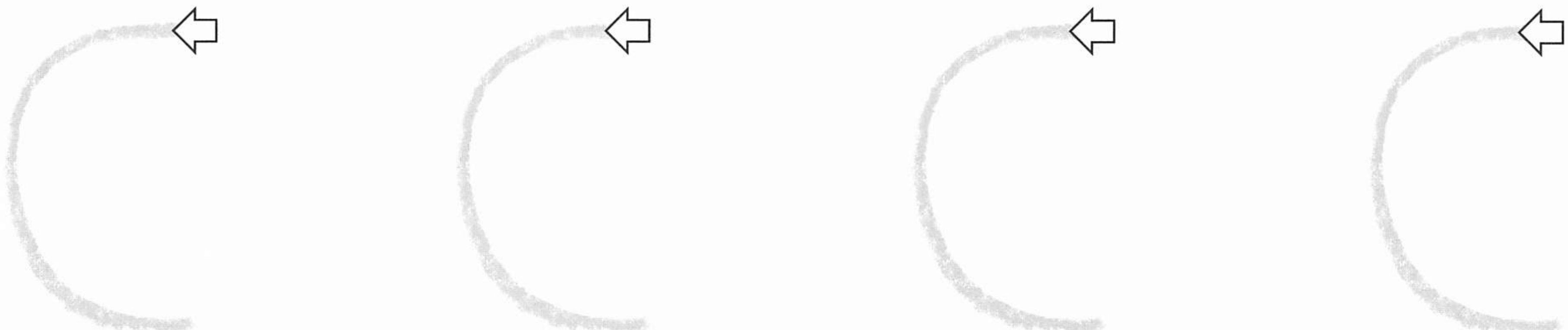
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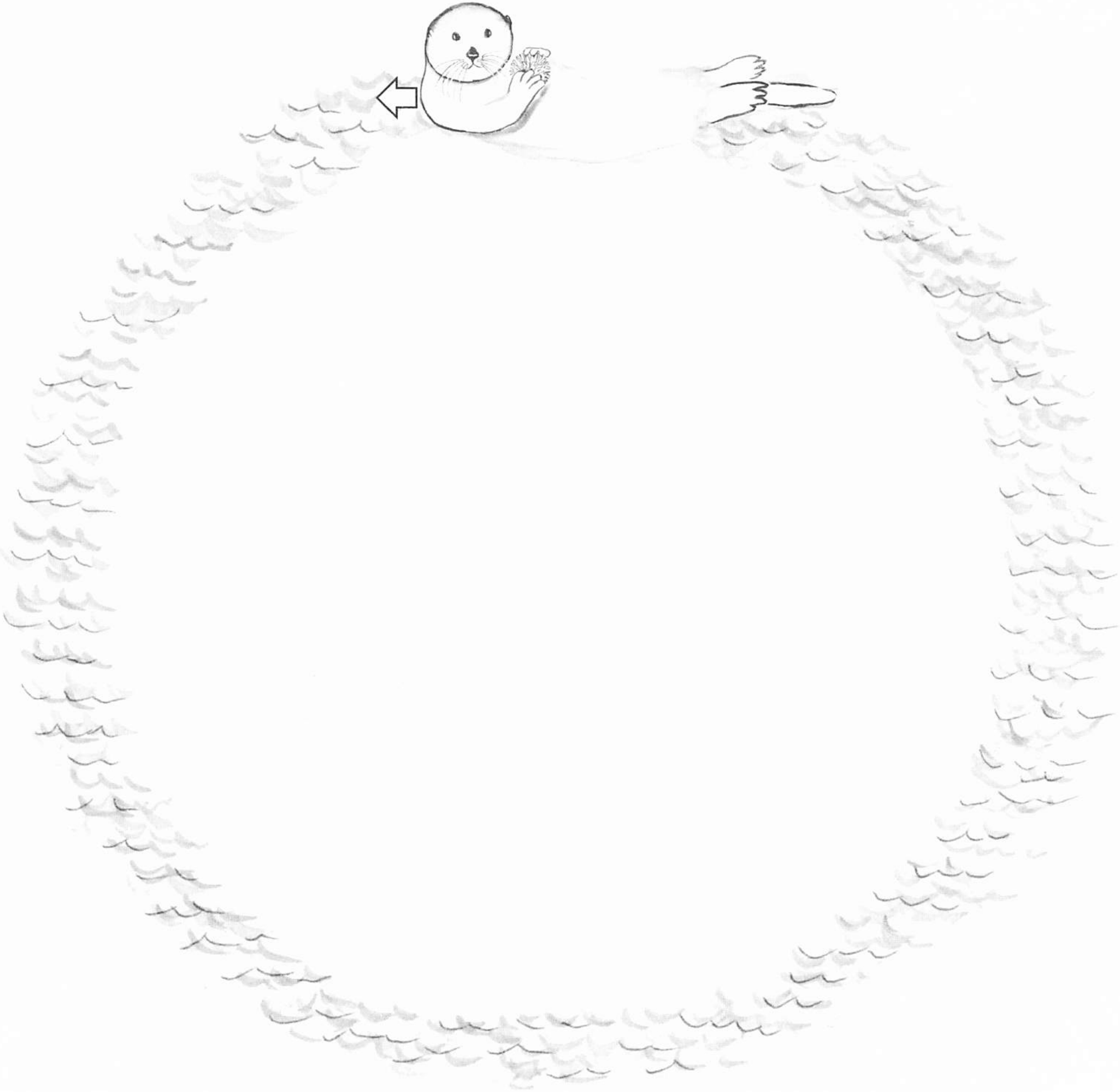


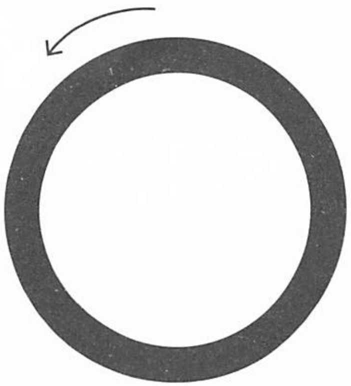


CAR



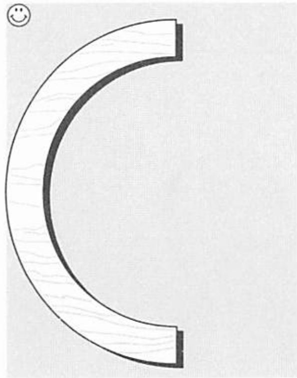




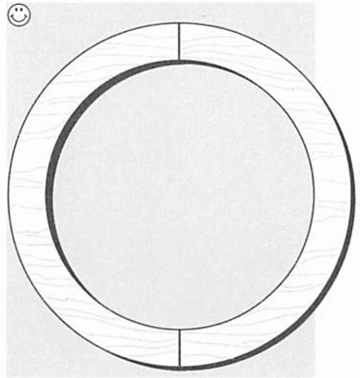


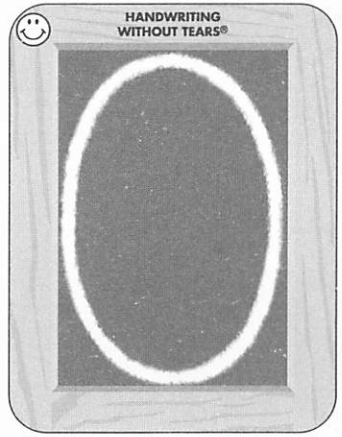
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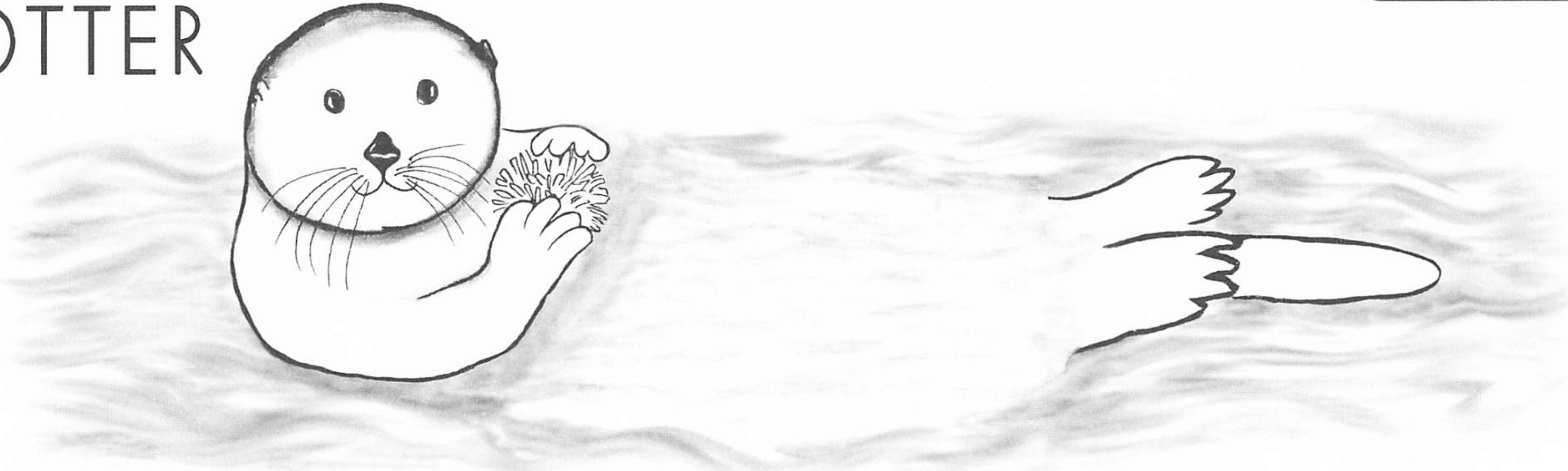
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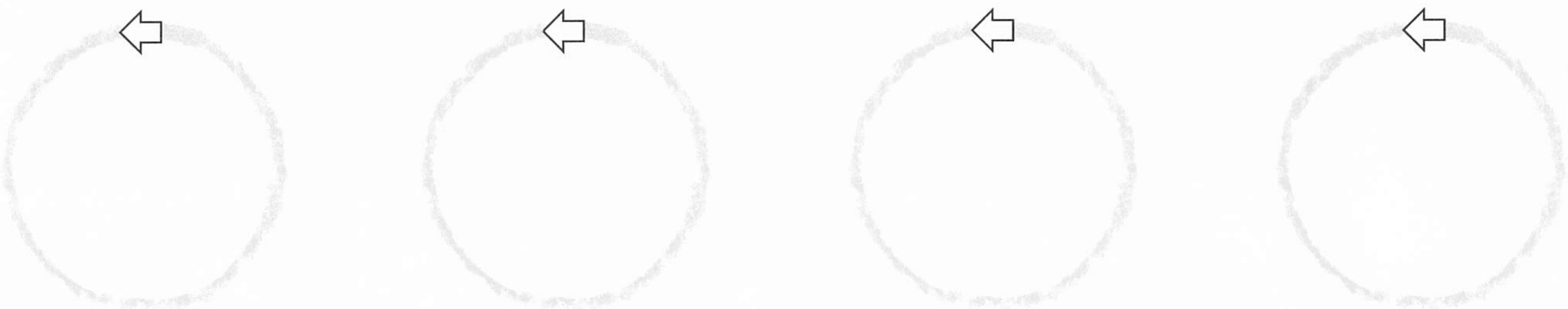


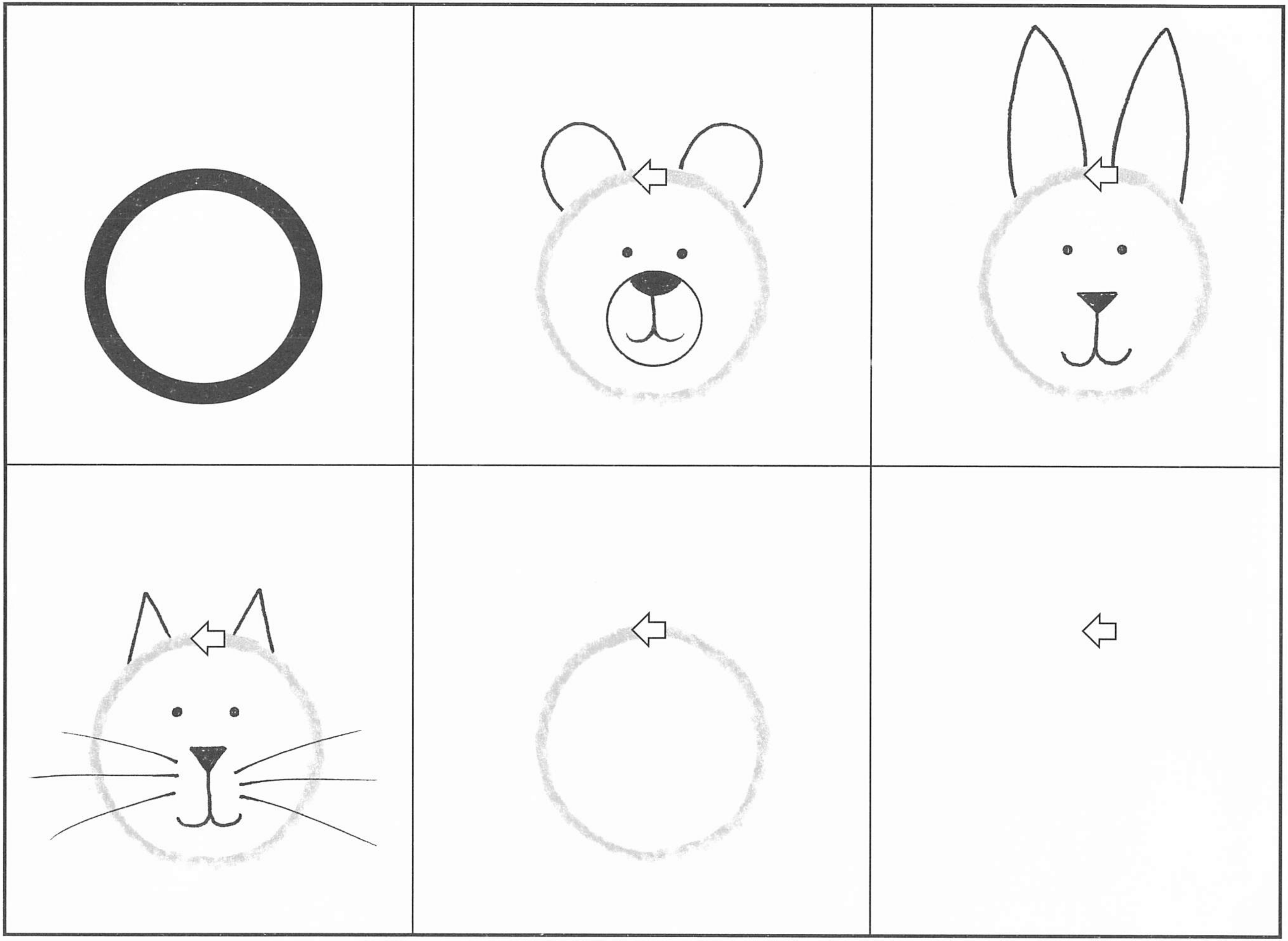
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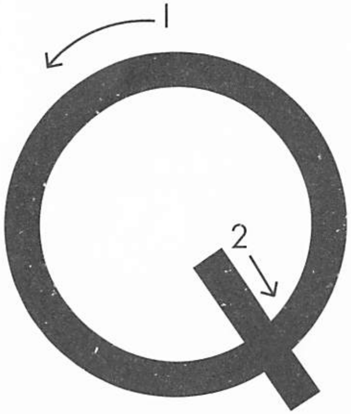




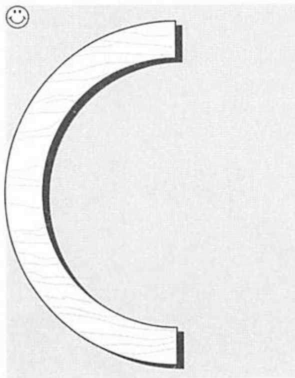




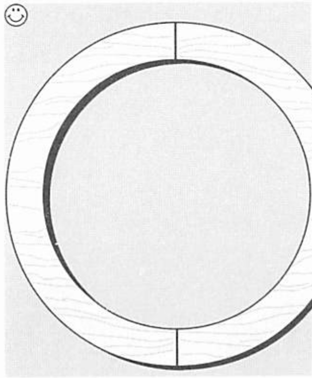




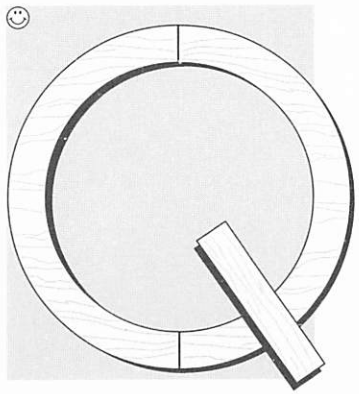
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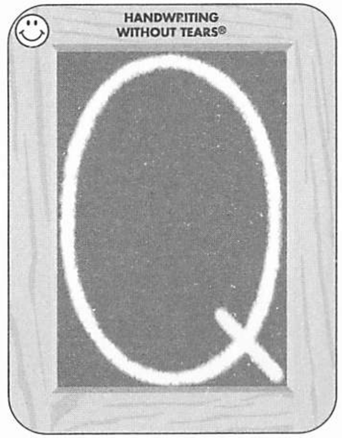


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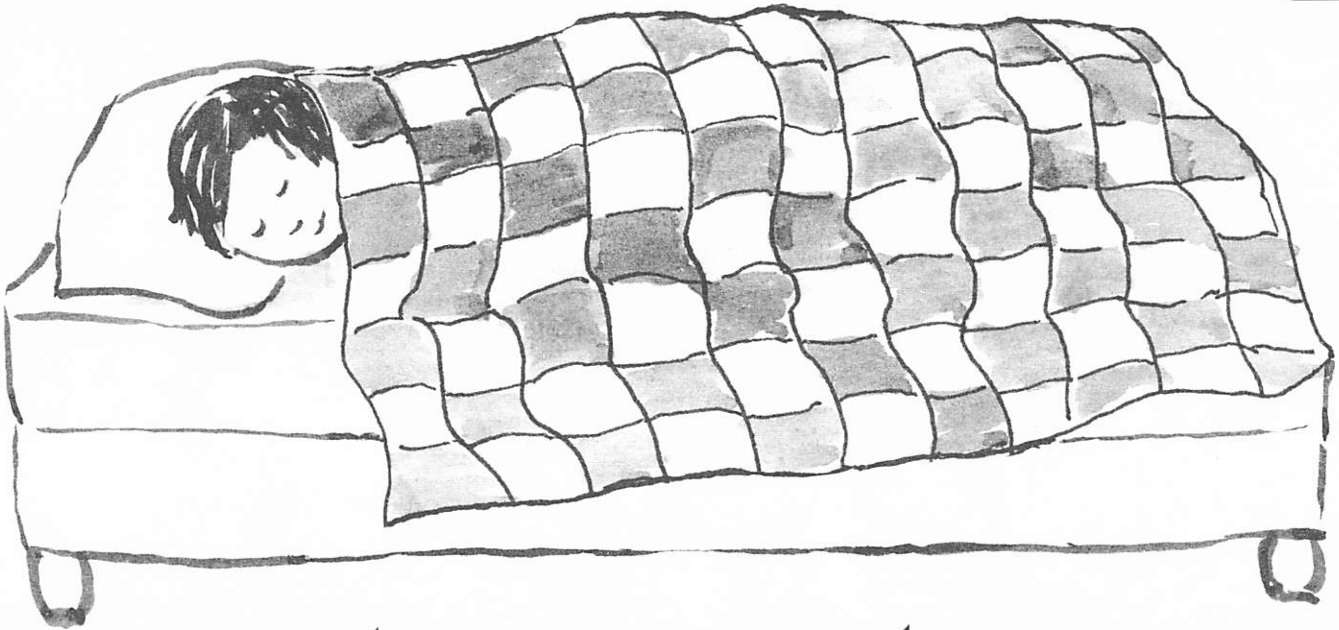


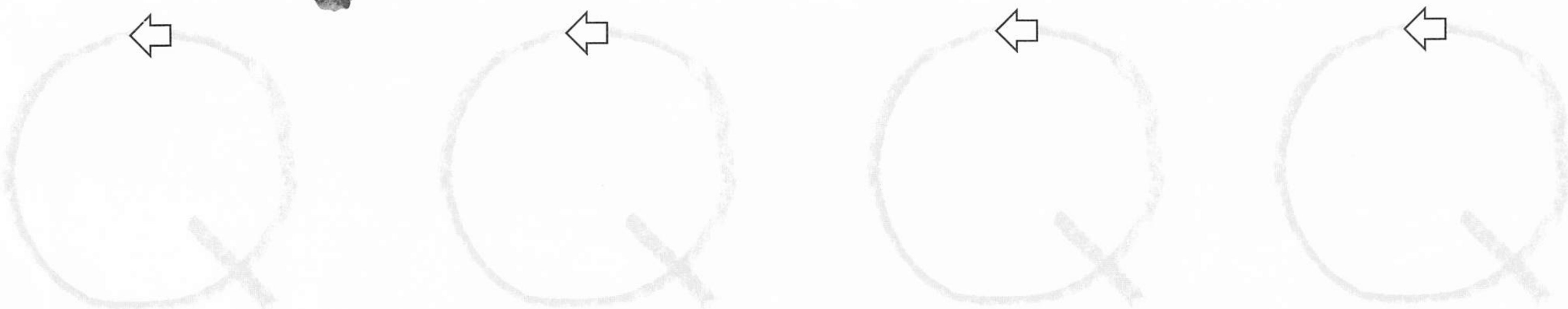
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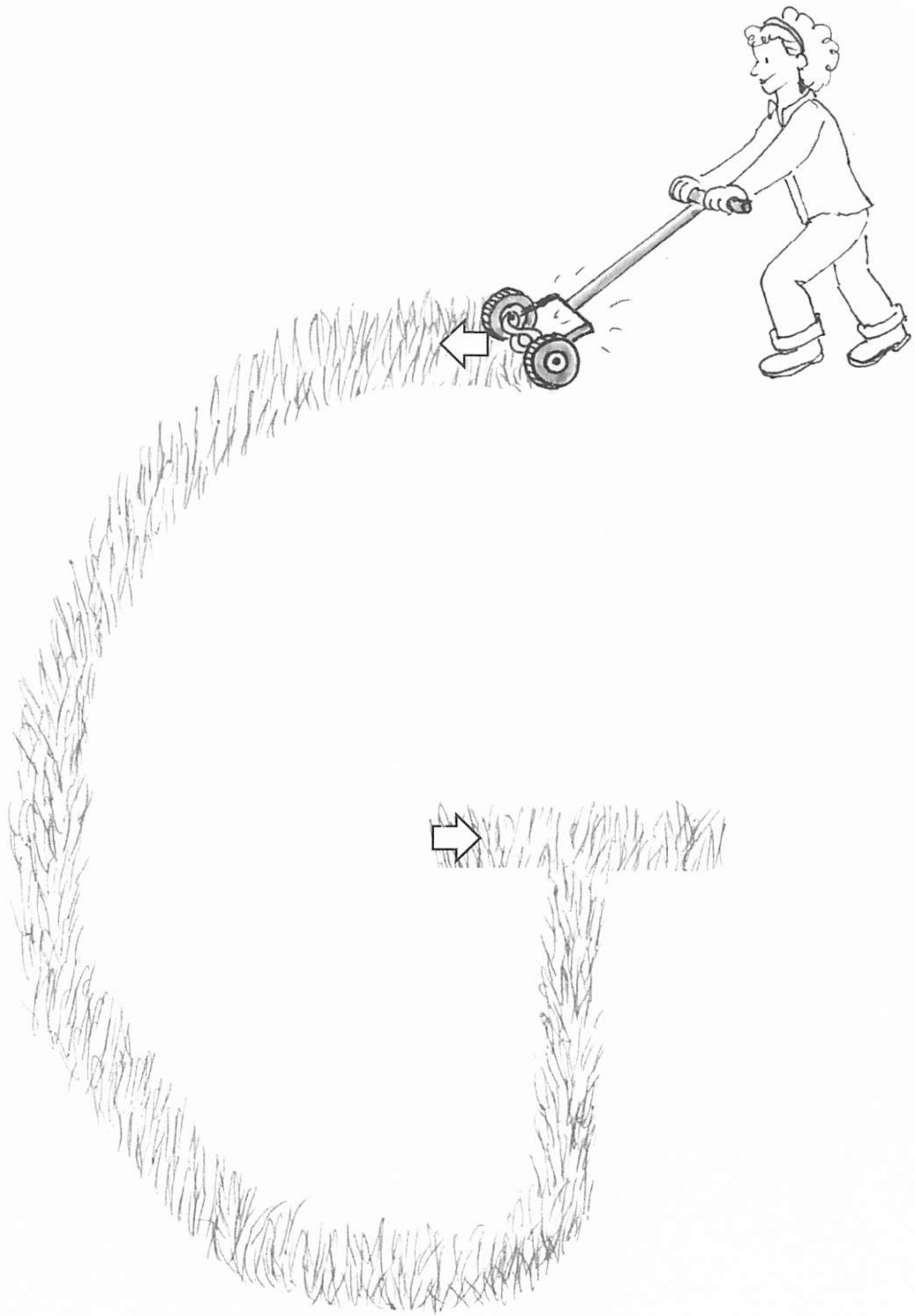


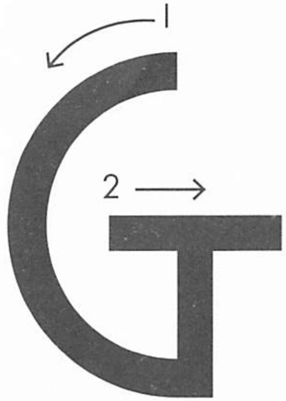


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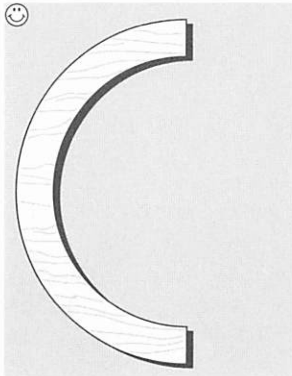




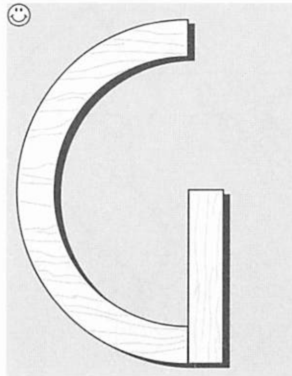




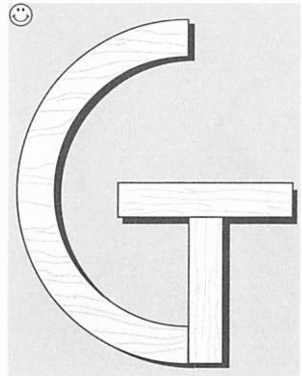
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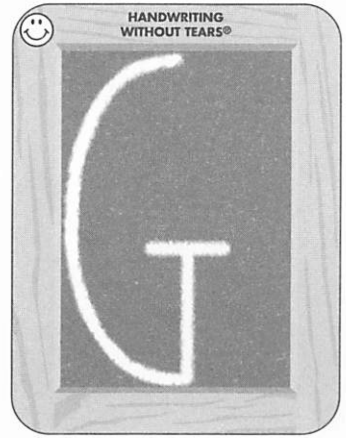


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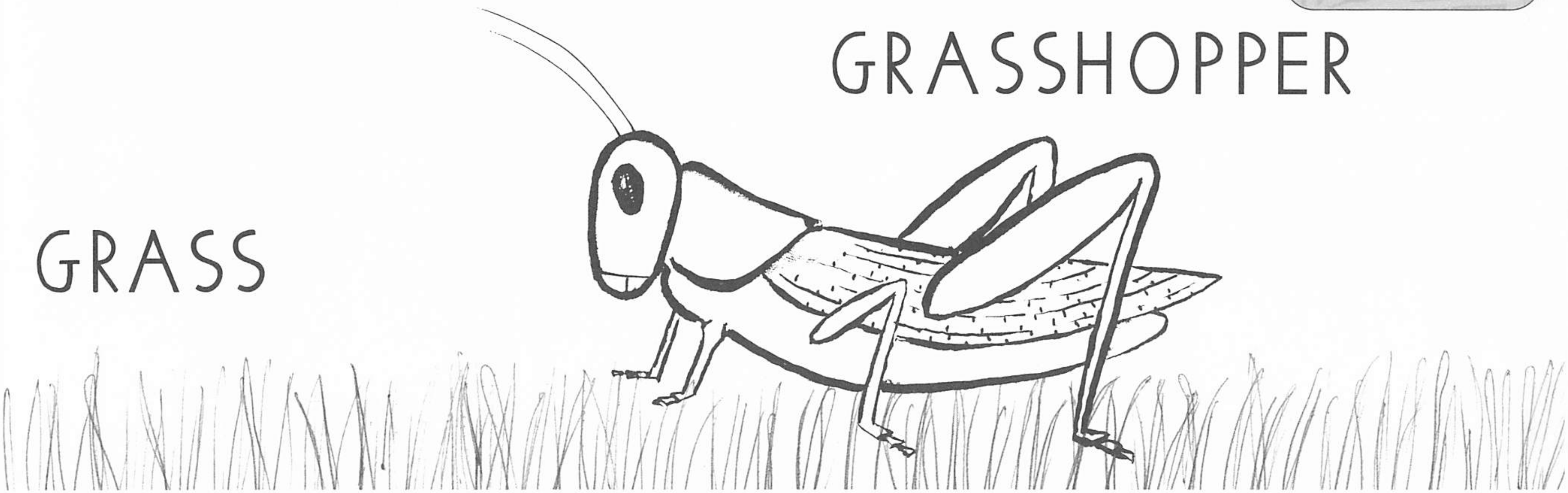
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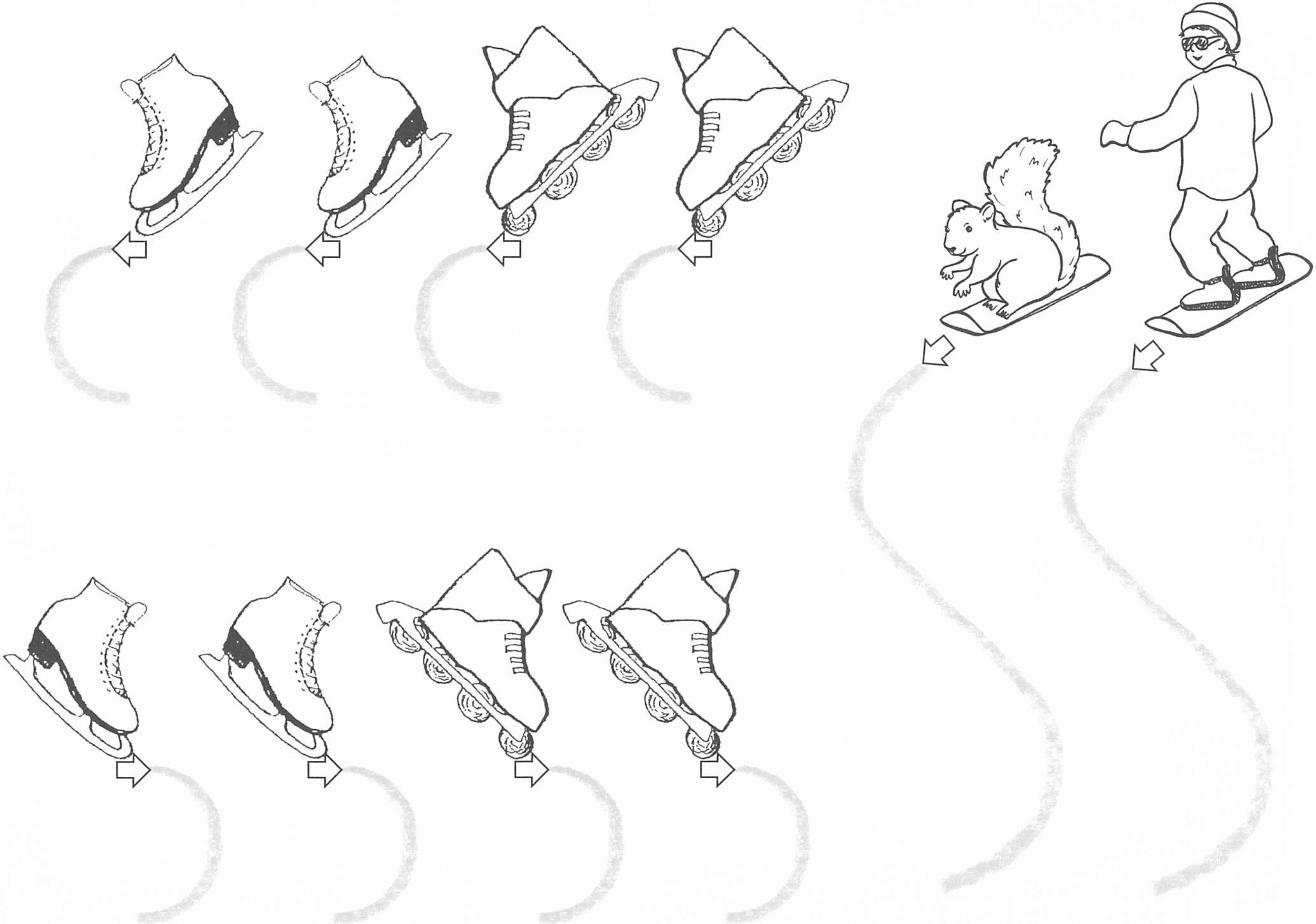


GRASSHOPPER

GRASS

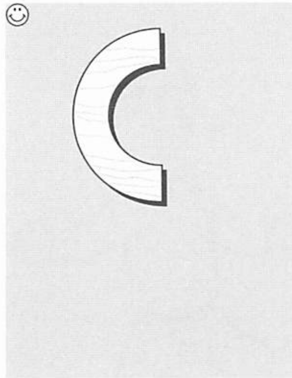




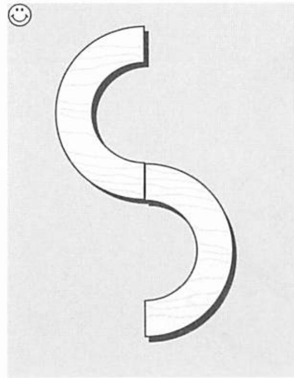


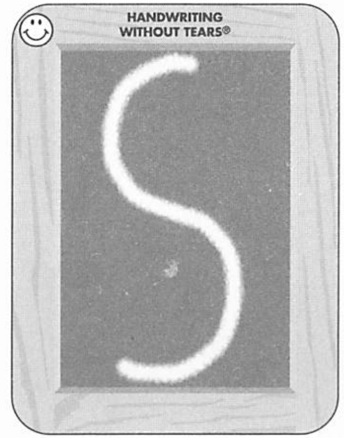


LITTLE CURVE



+ LITTLE CURVE

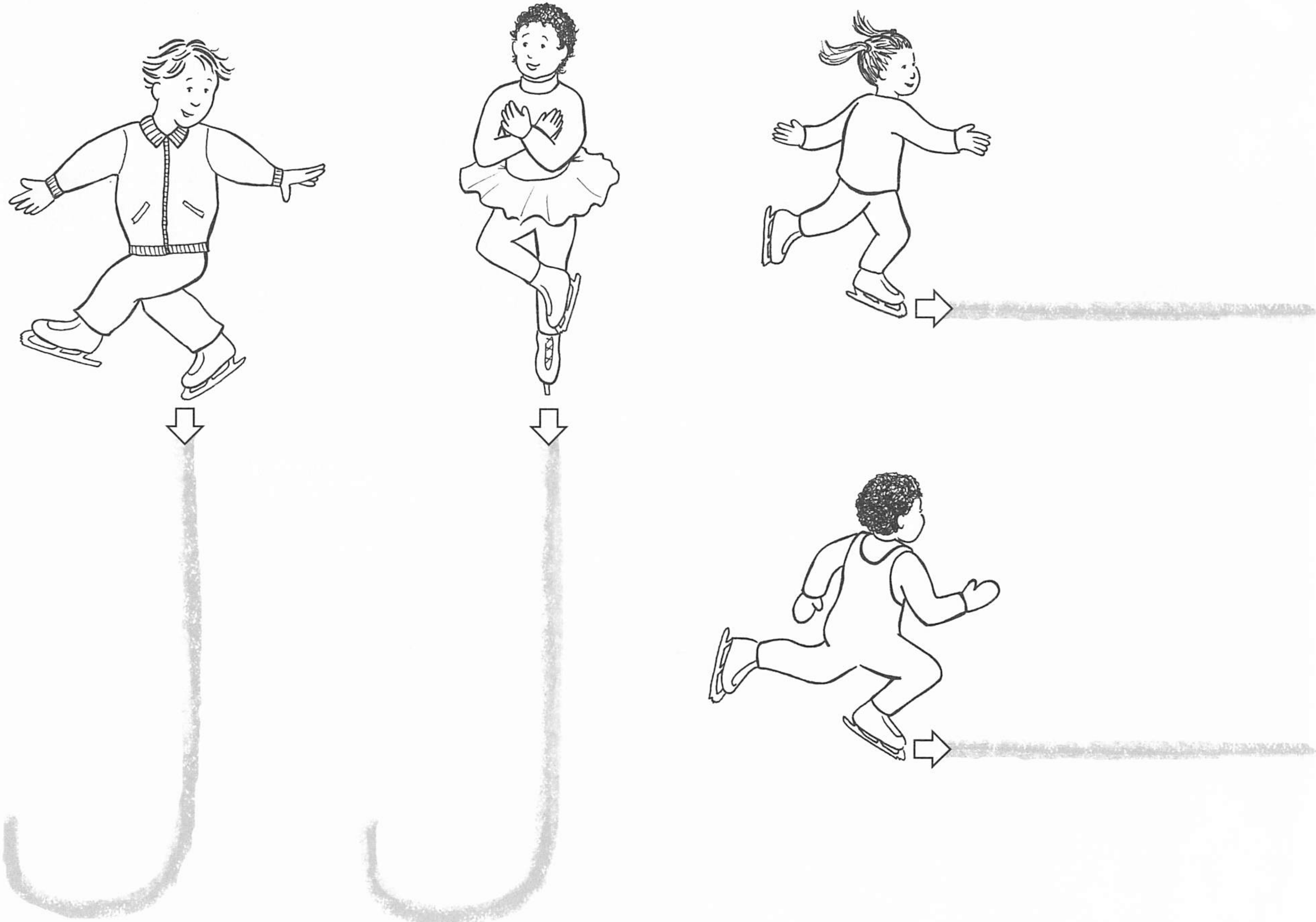


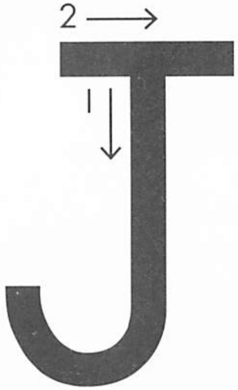


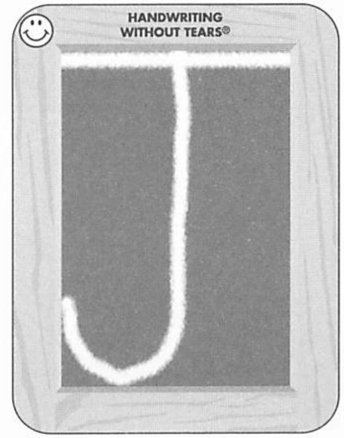
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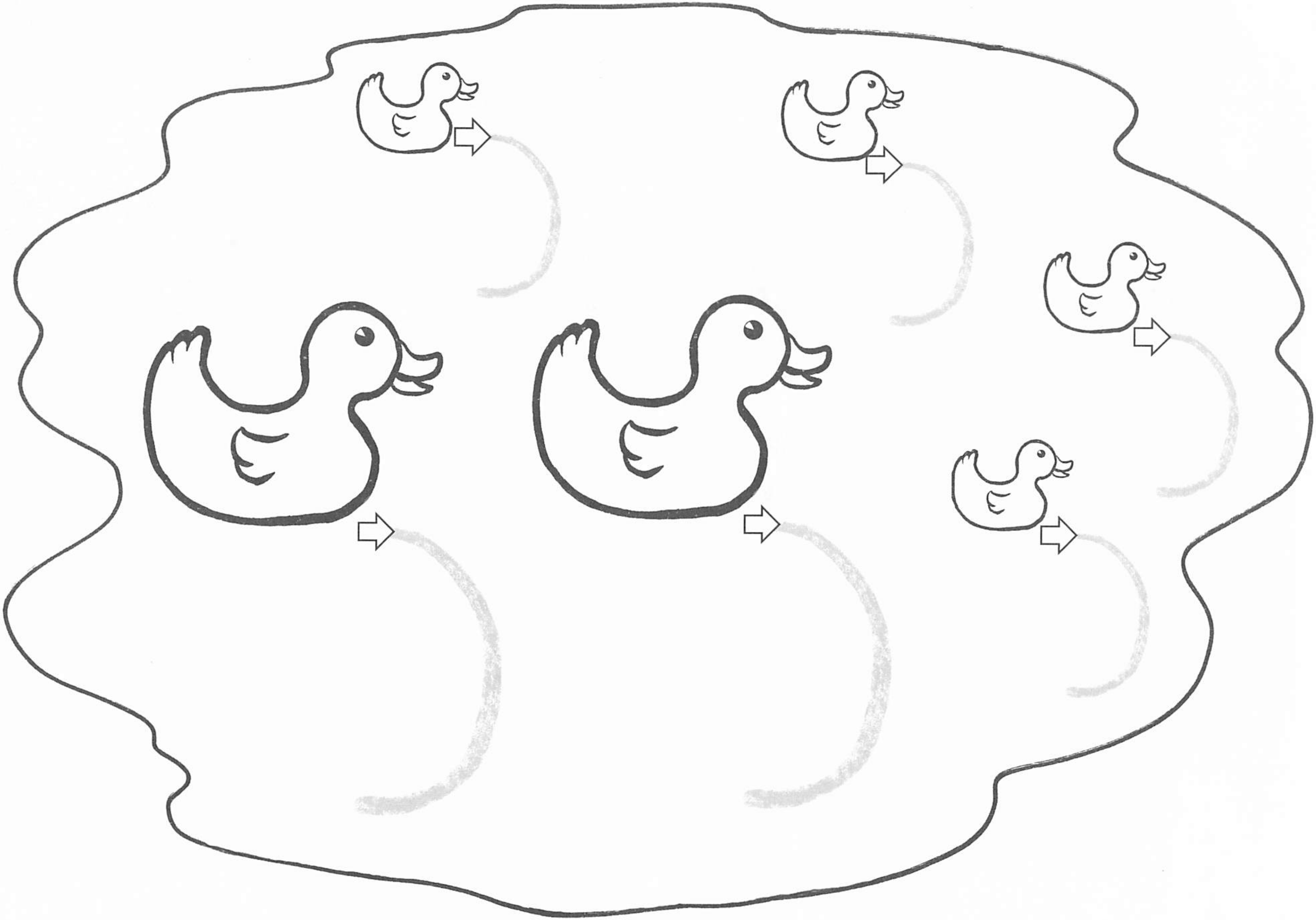


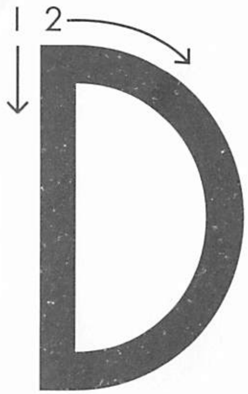


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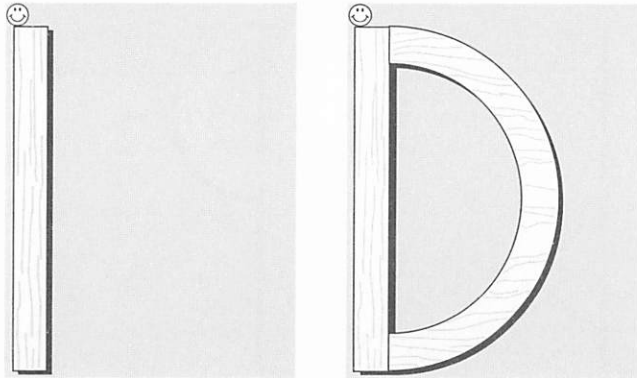


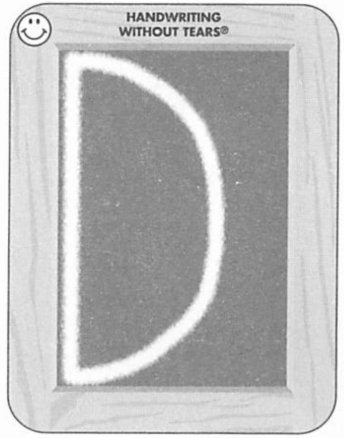




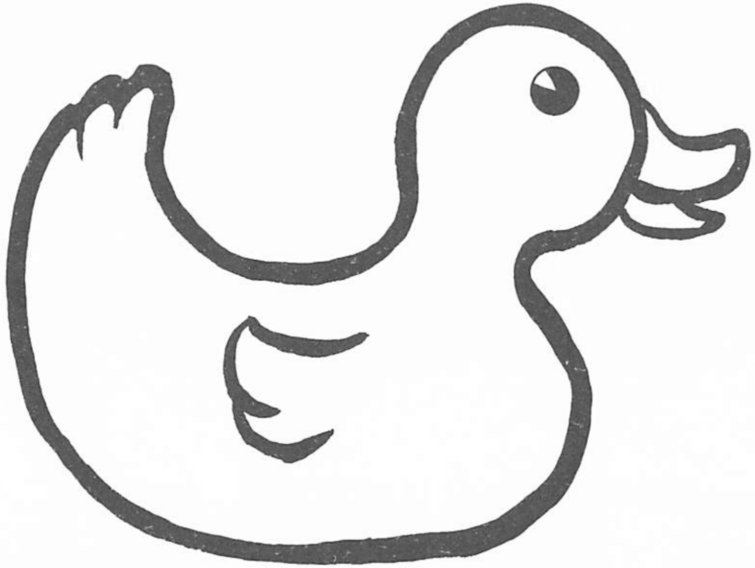


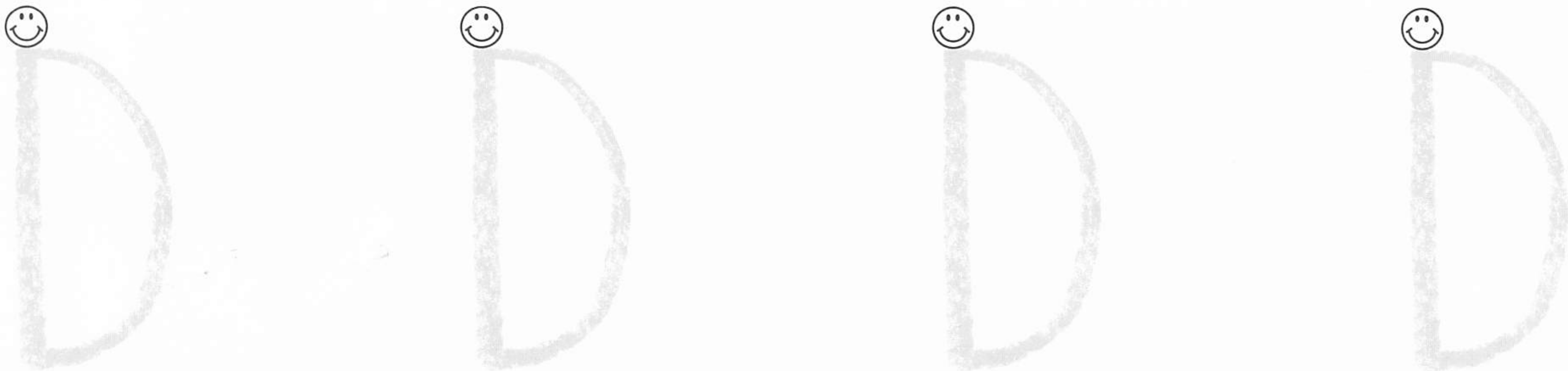
BIG LINE + BIG CURVE

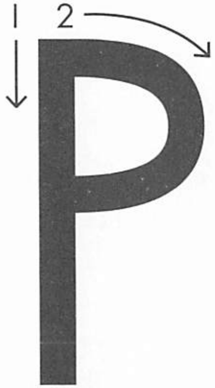




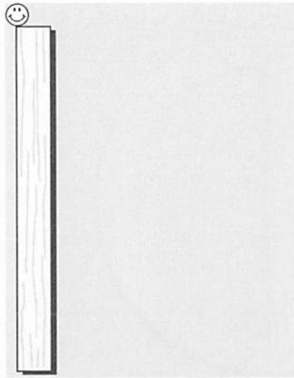
DUCK



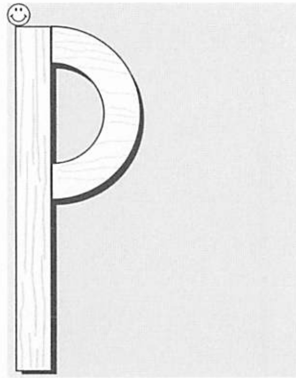


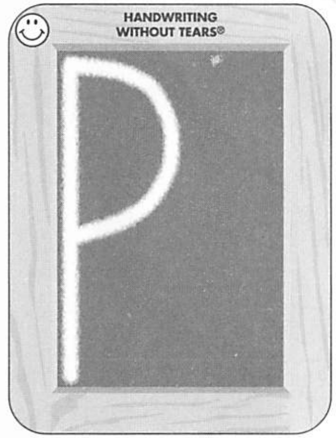


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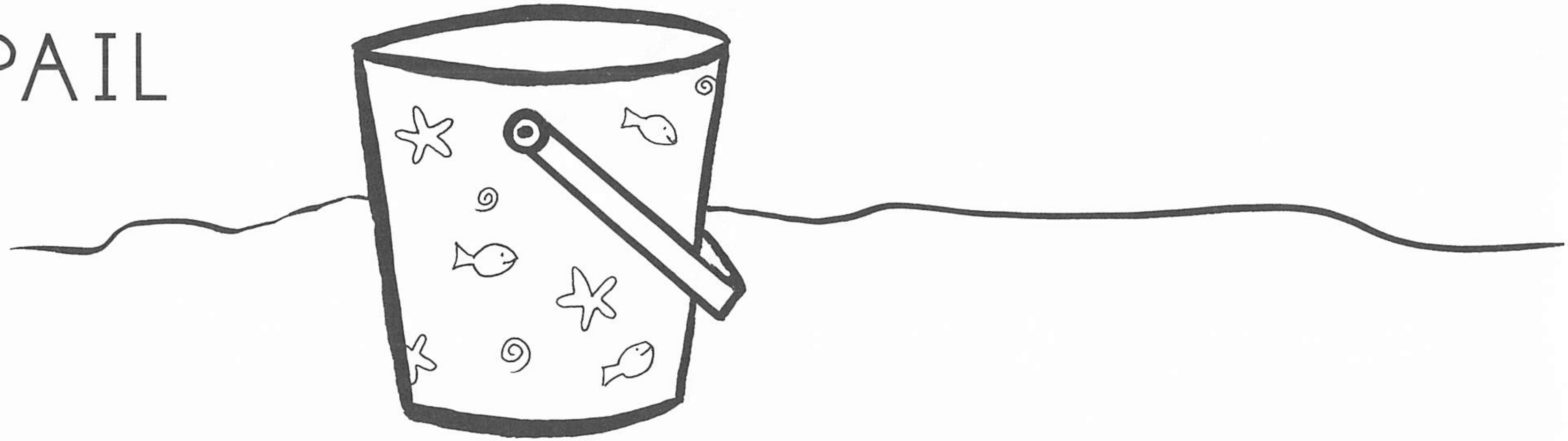


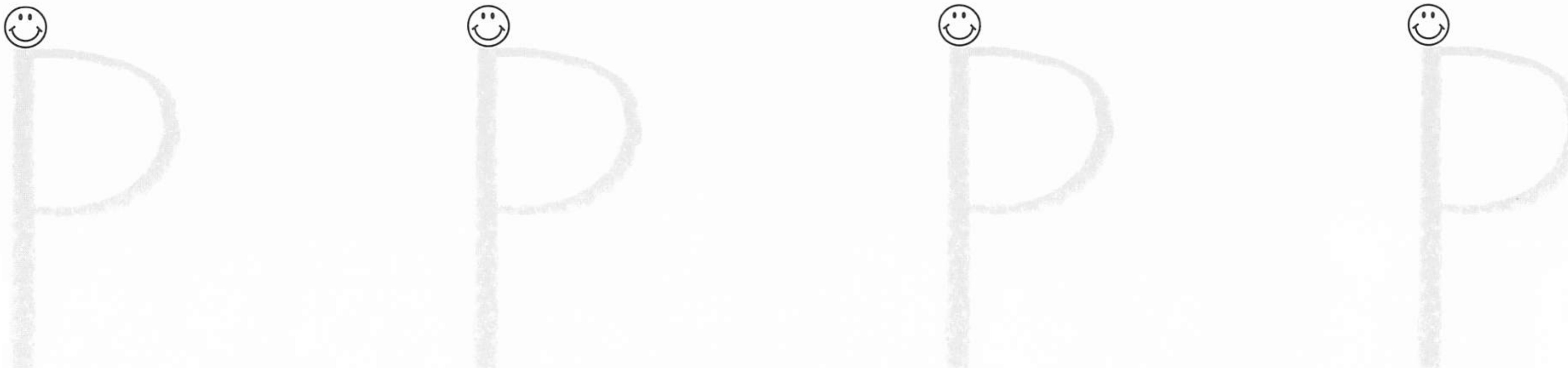
+ LITTLE CURVE

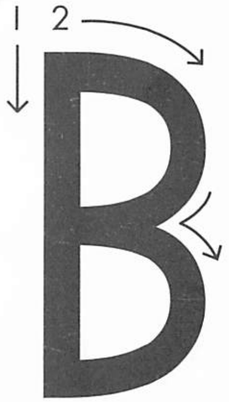




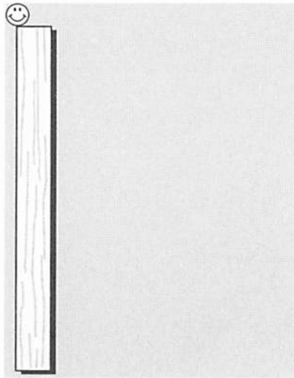
PAIL



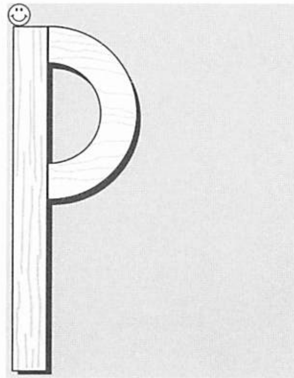




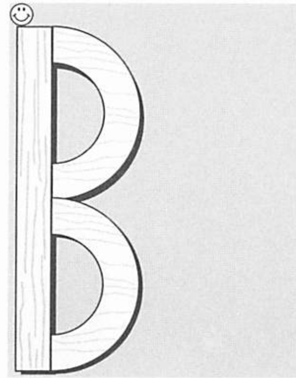
BIG LINE

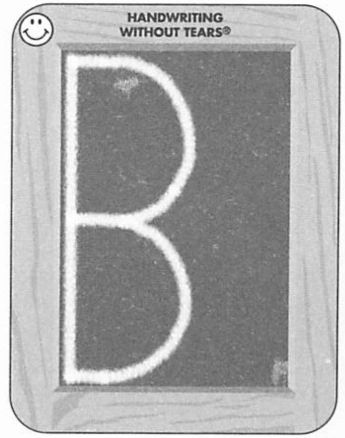


+ LITTLE CURVE



+ LITTLE CURVE



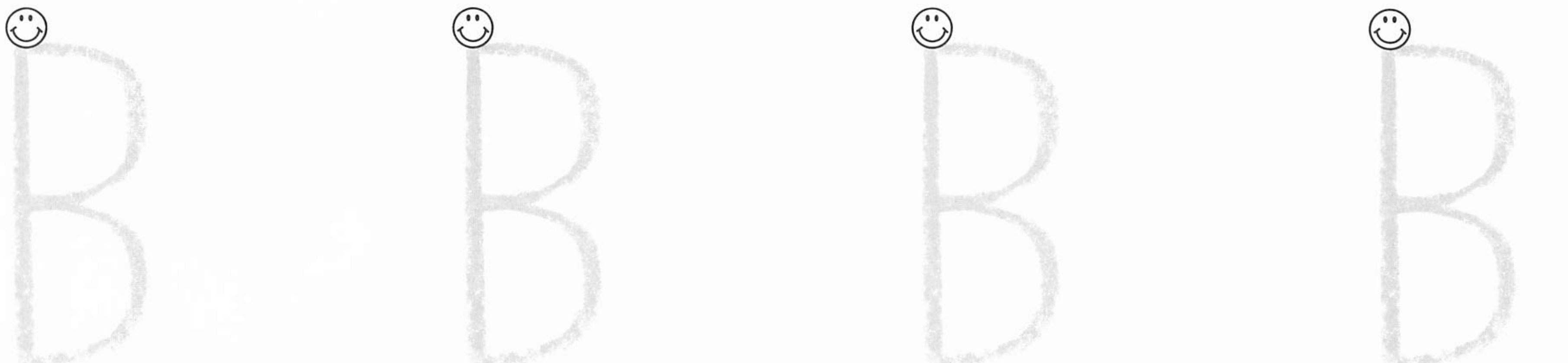


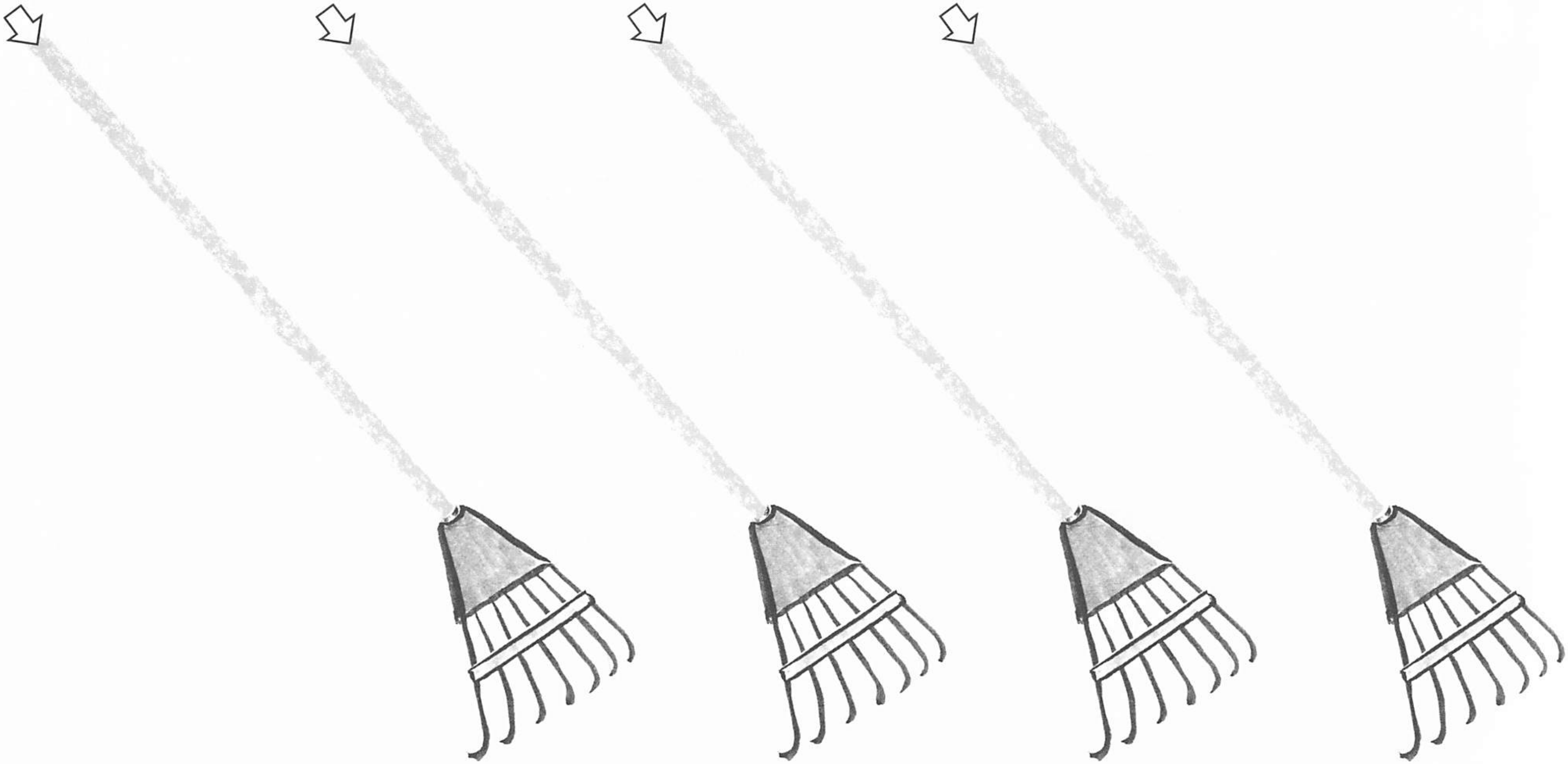
BOOTS

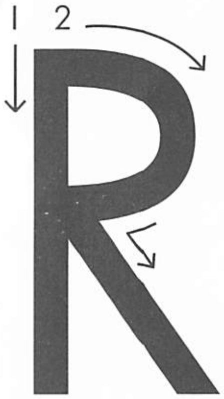








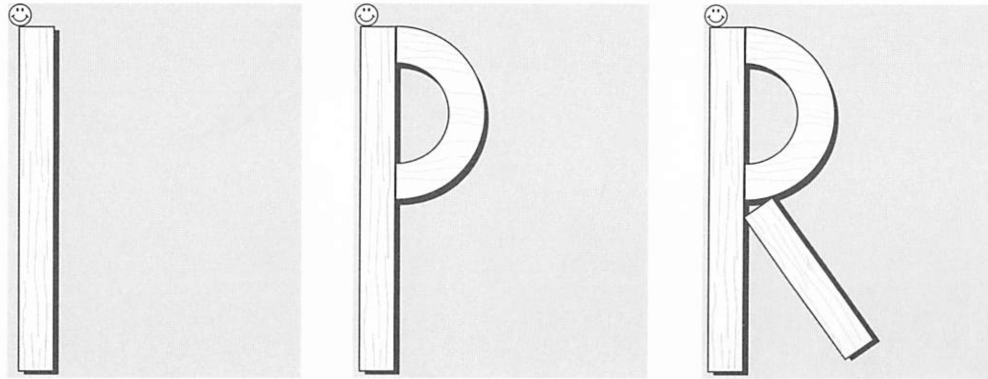


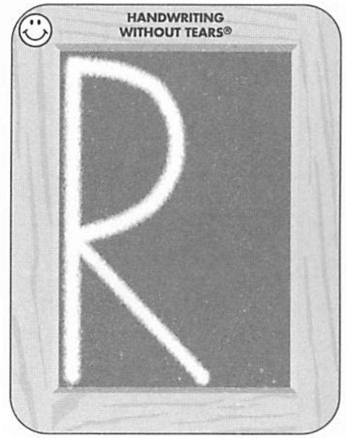


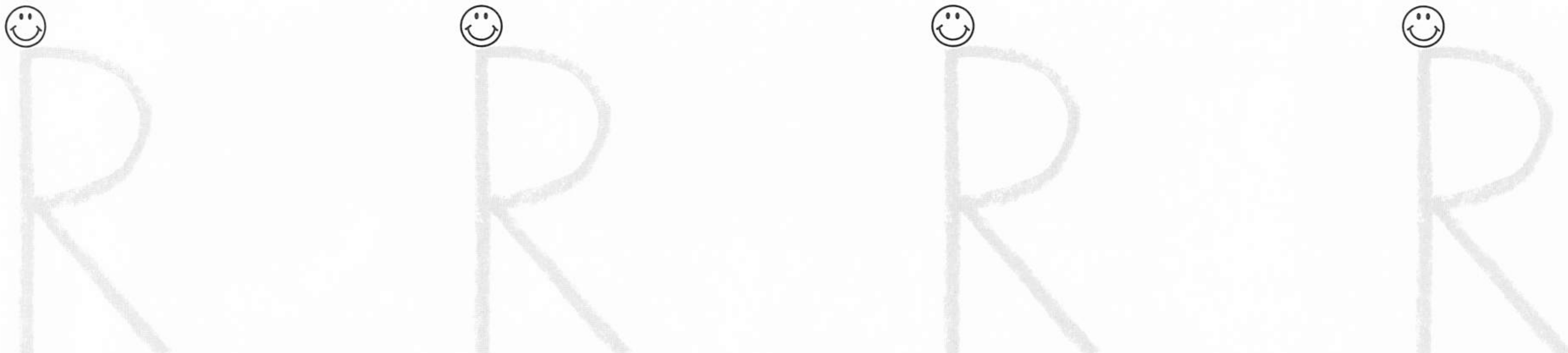
RAKE

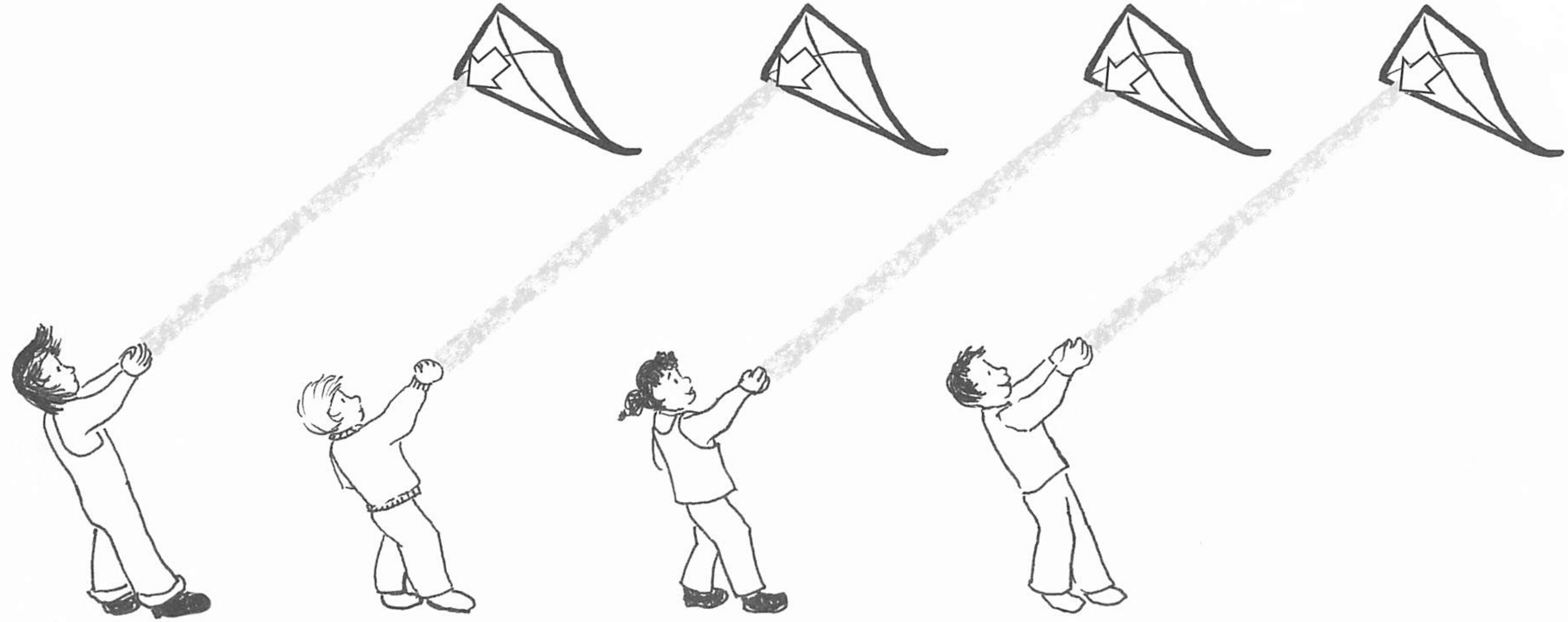


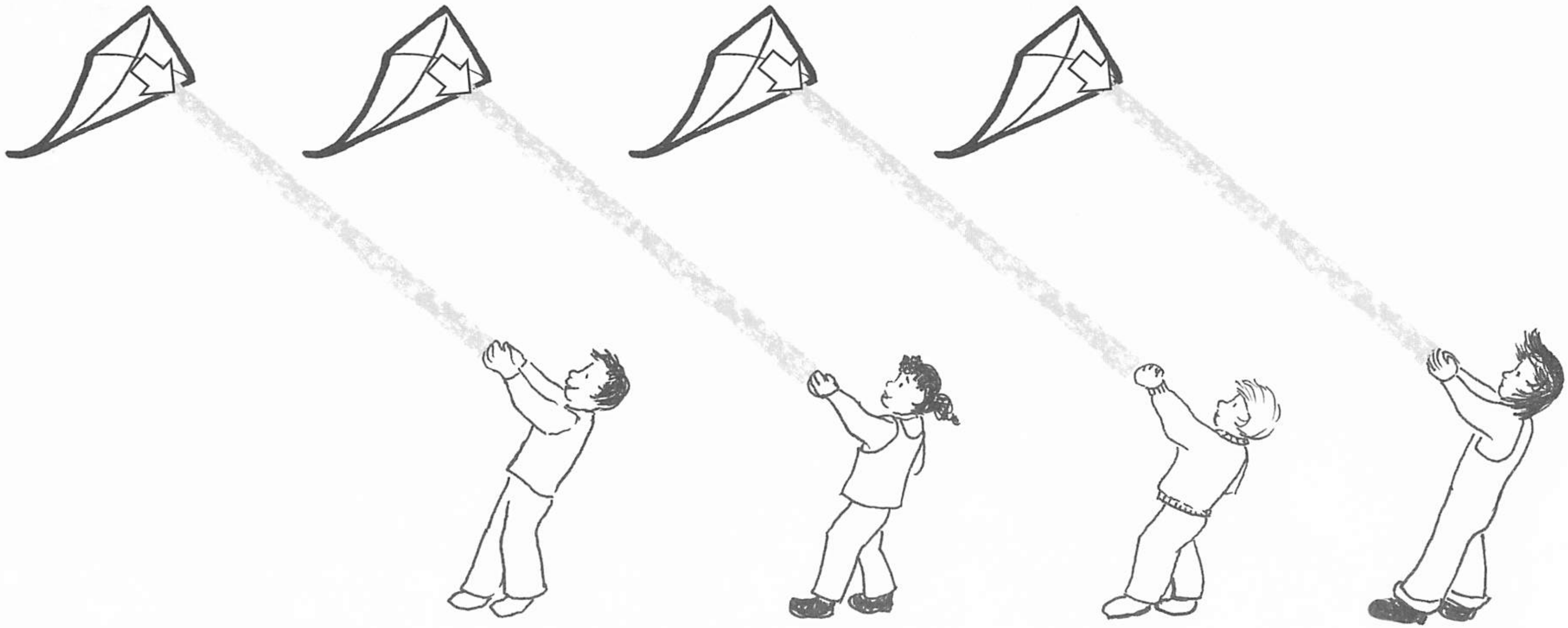
BIG LINE + LITTLE CURVE + LITTLE LINE

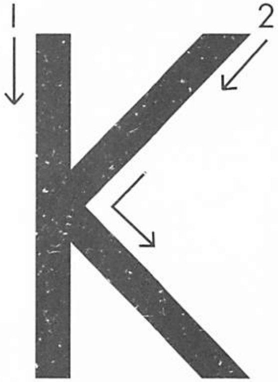




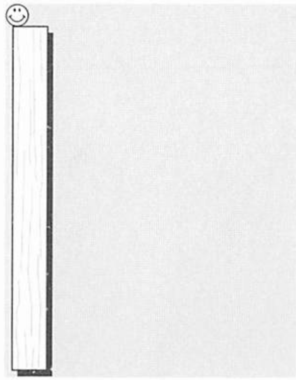




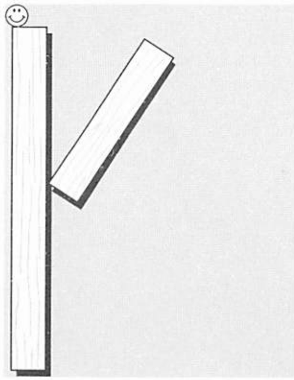




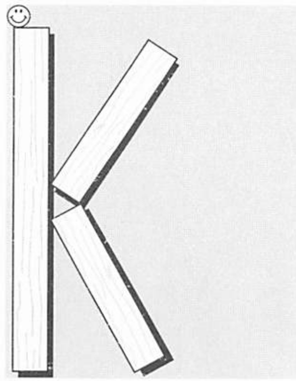
BIG LINE

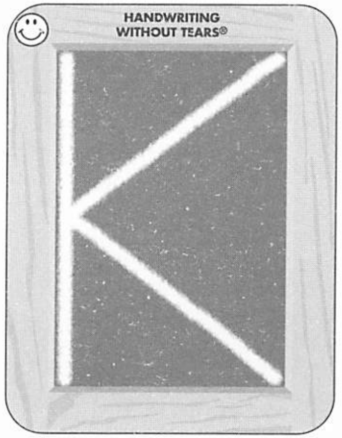


+ LITTLE LINE

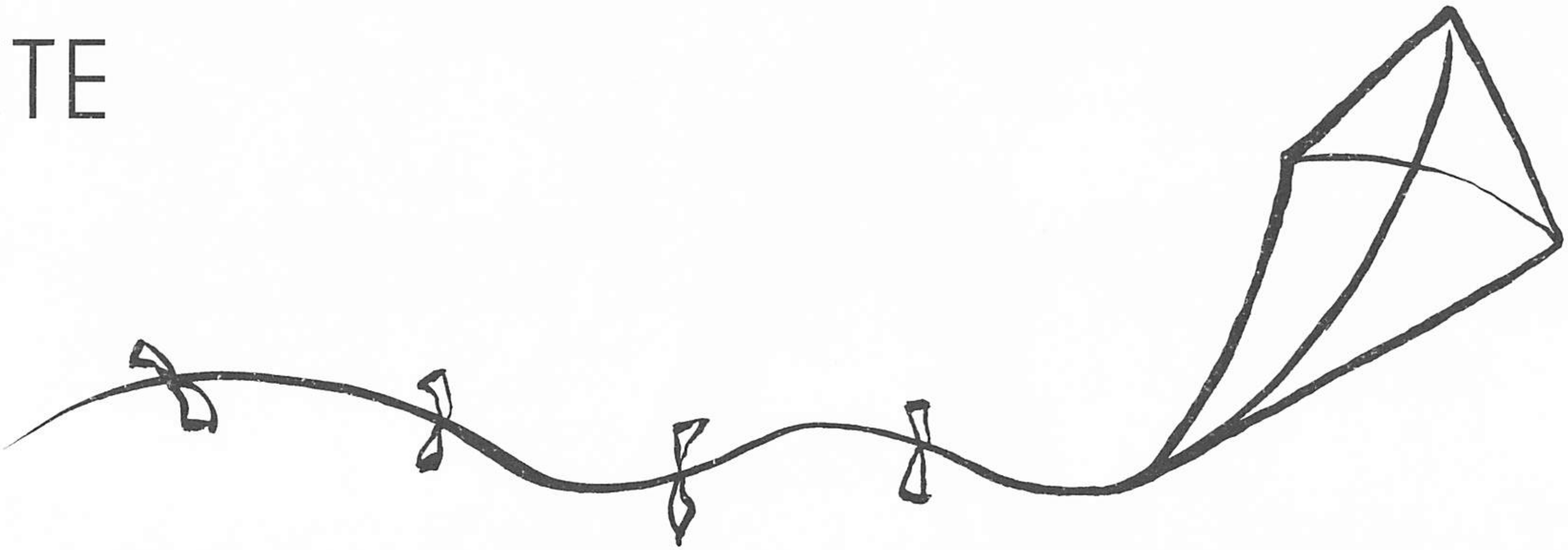


+ LITTLE LINE

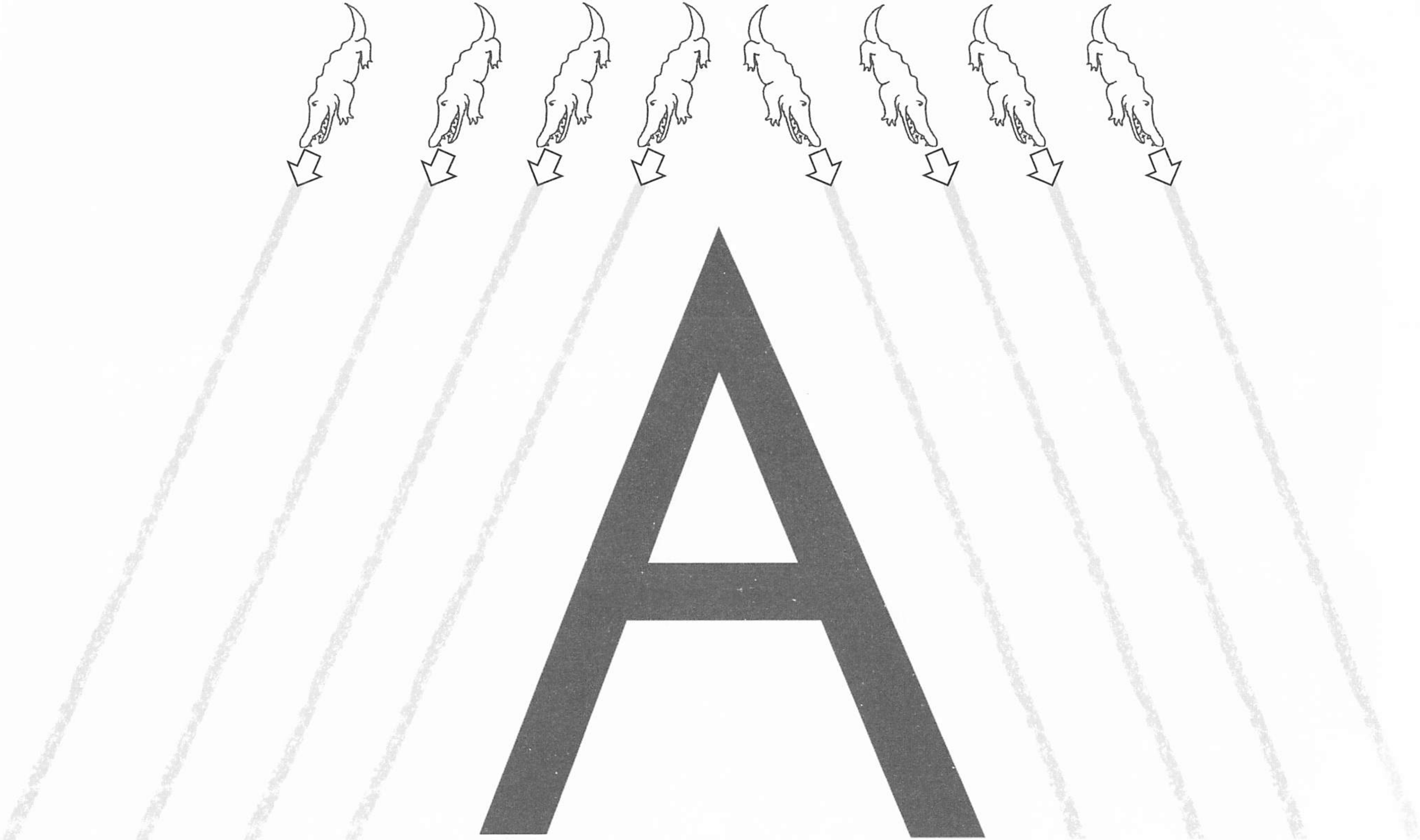


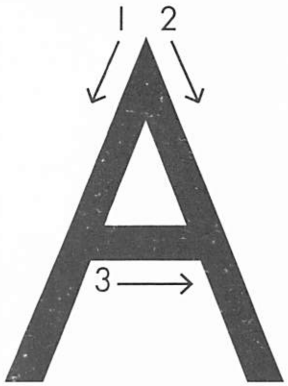


KITE

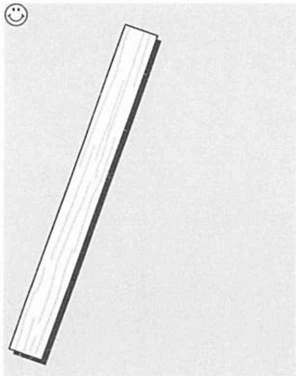




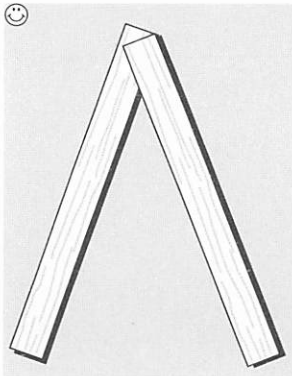

A



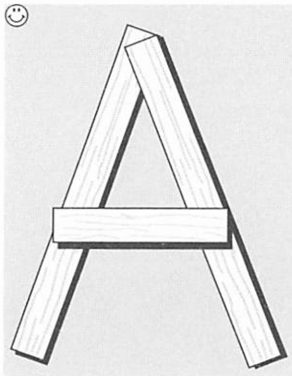
BIG LINE

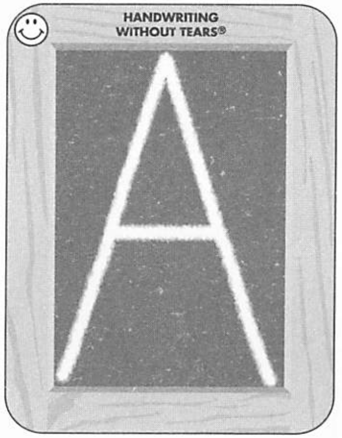


+ BIG LINE

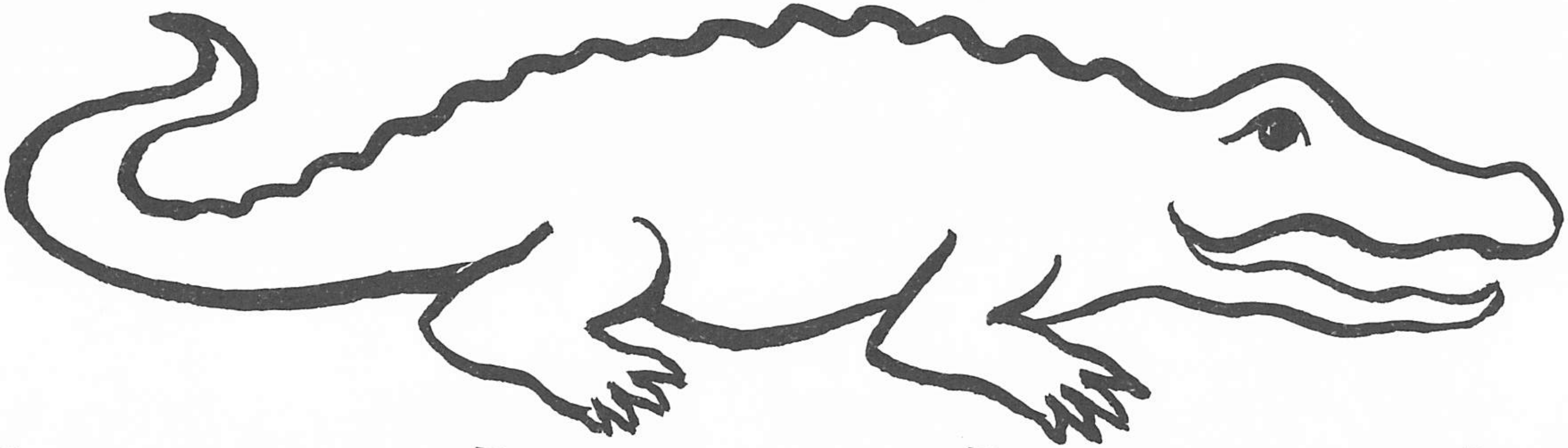


+ LITTLE LINE

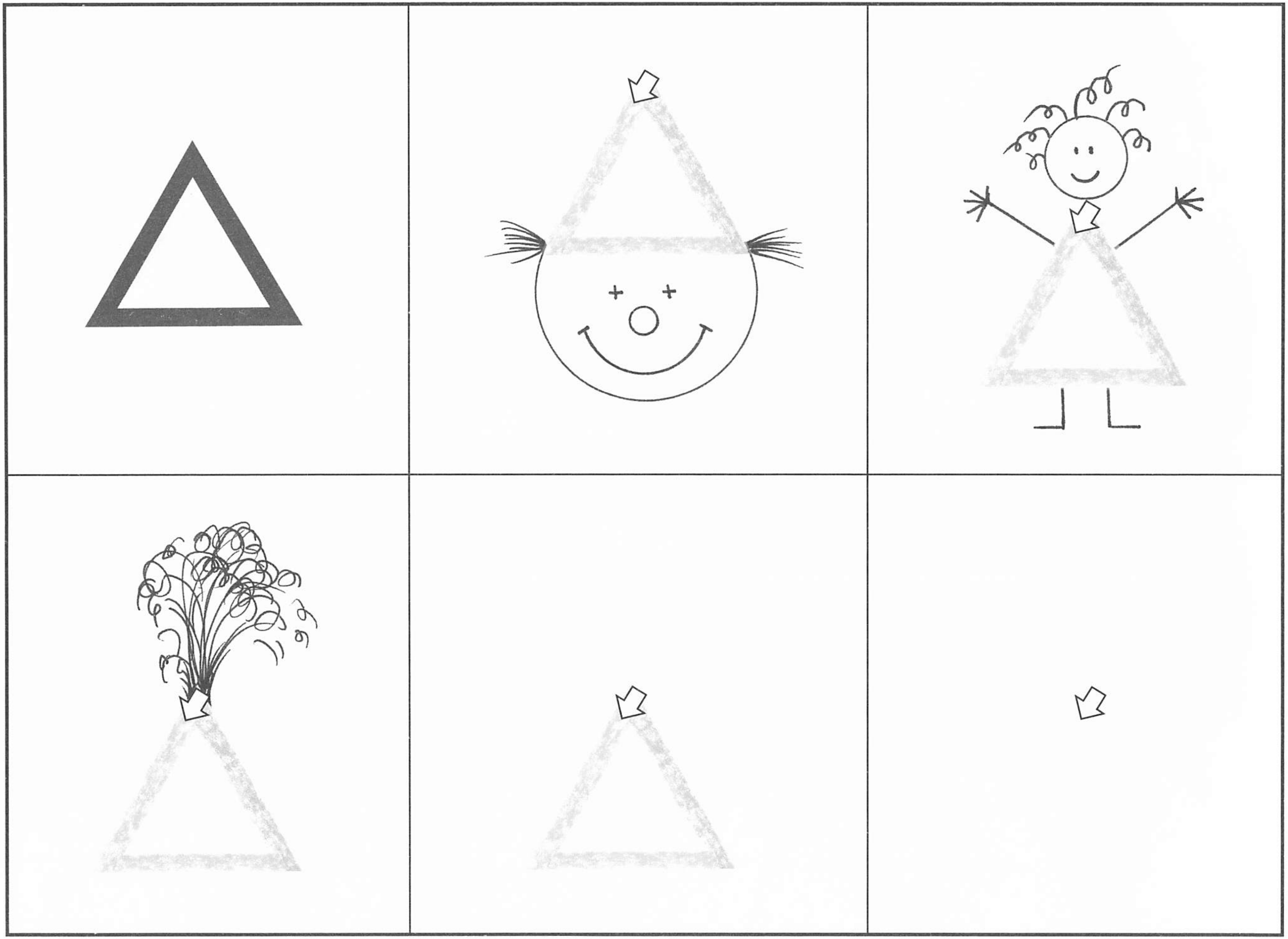


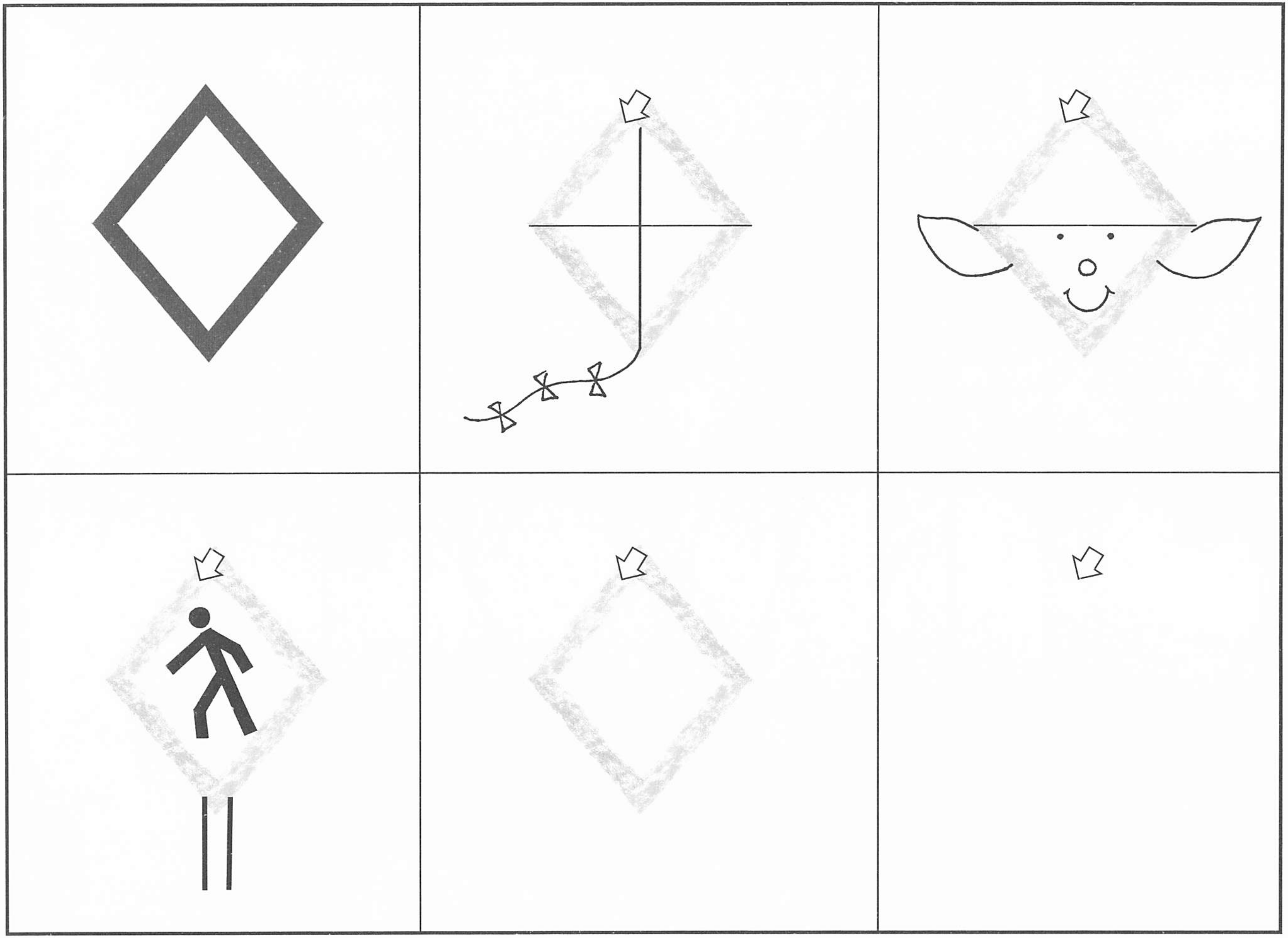


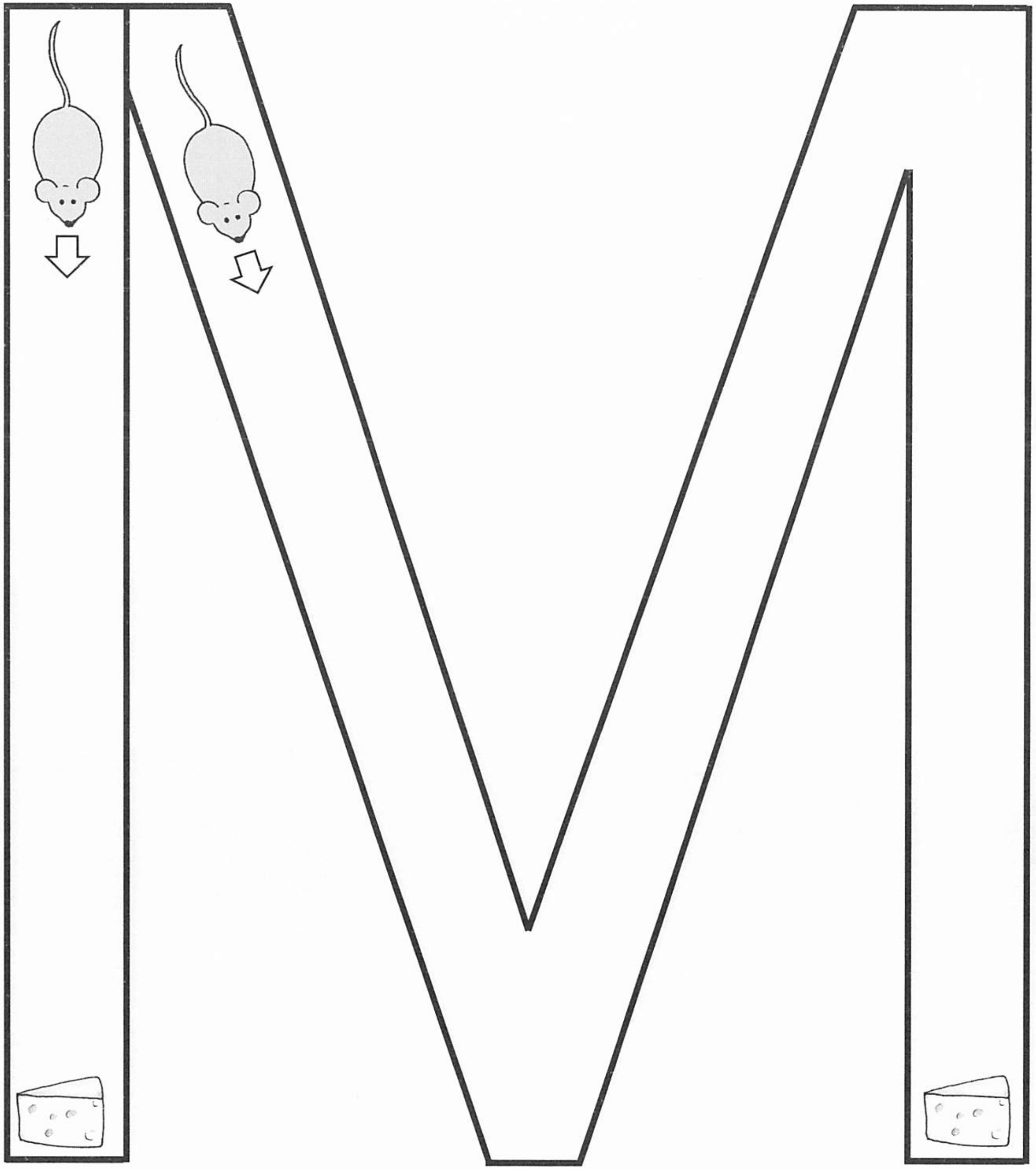
ALLIGATOR

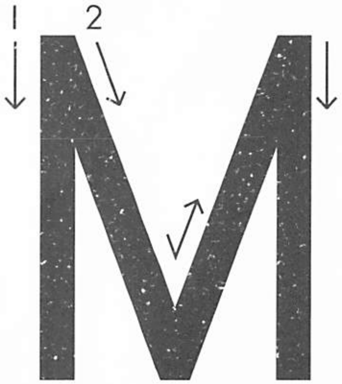




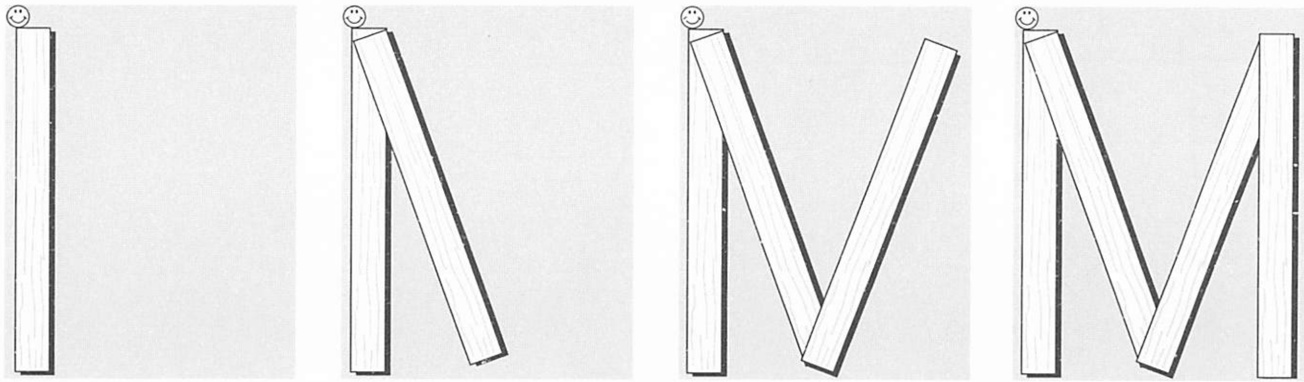








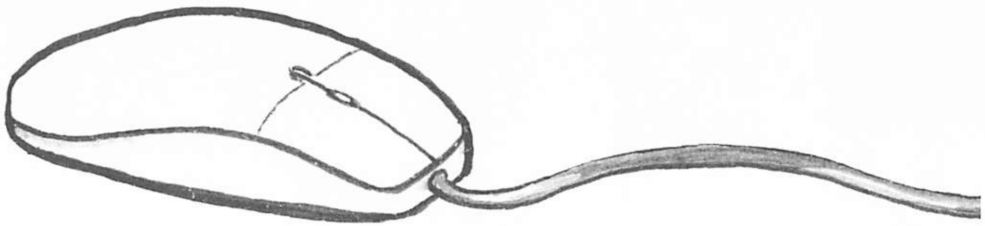
BIG LINE + BIG LINE + BIG LINE + BIG LINE



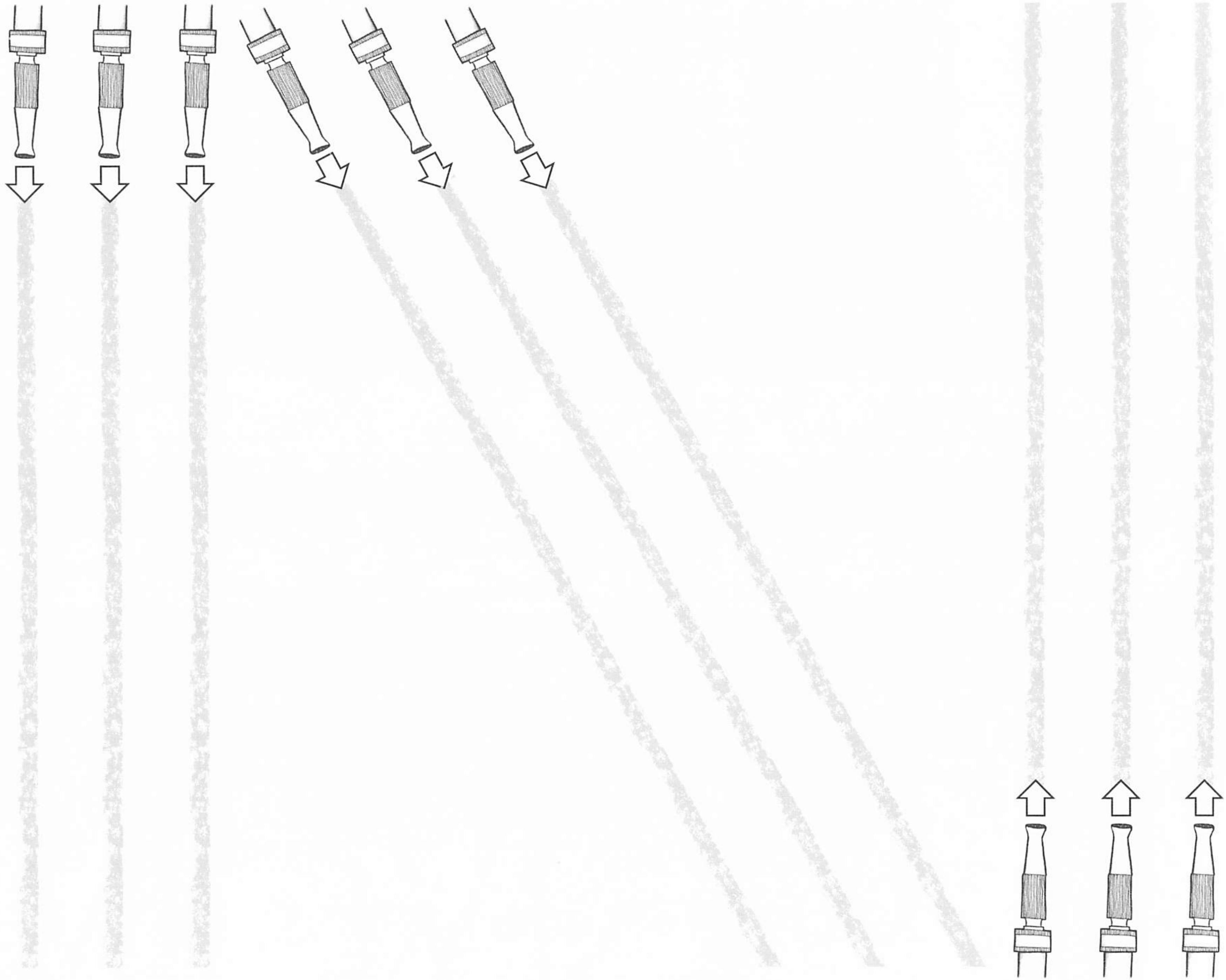
MOUSE

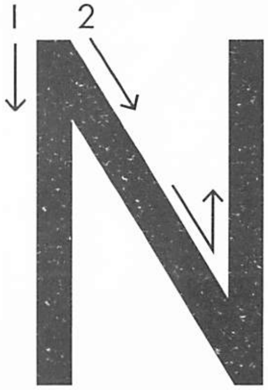


MOUSE

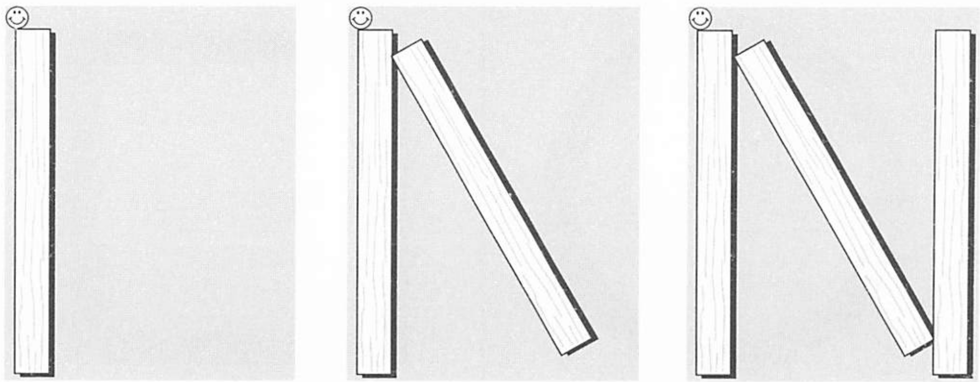


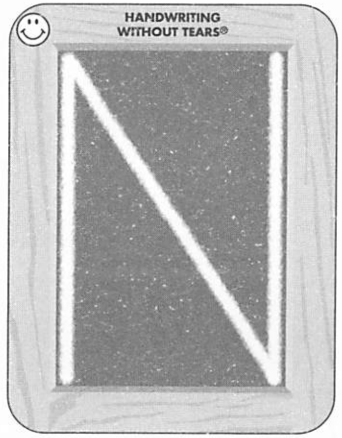




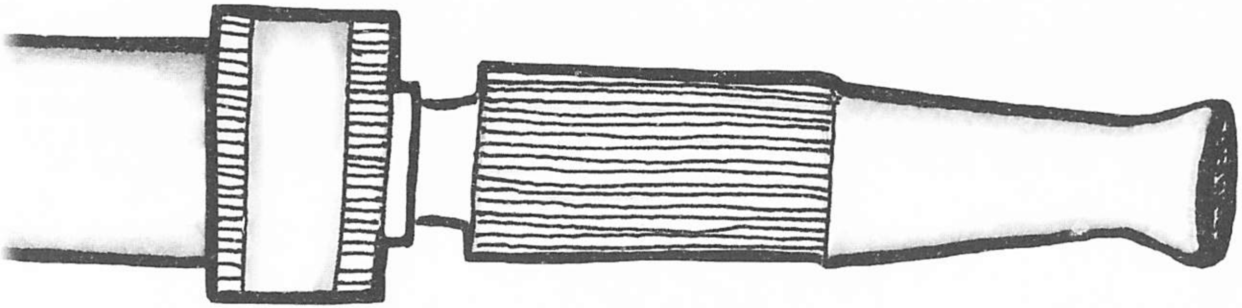


BIG LINE + BIG LINE + BIG LINE

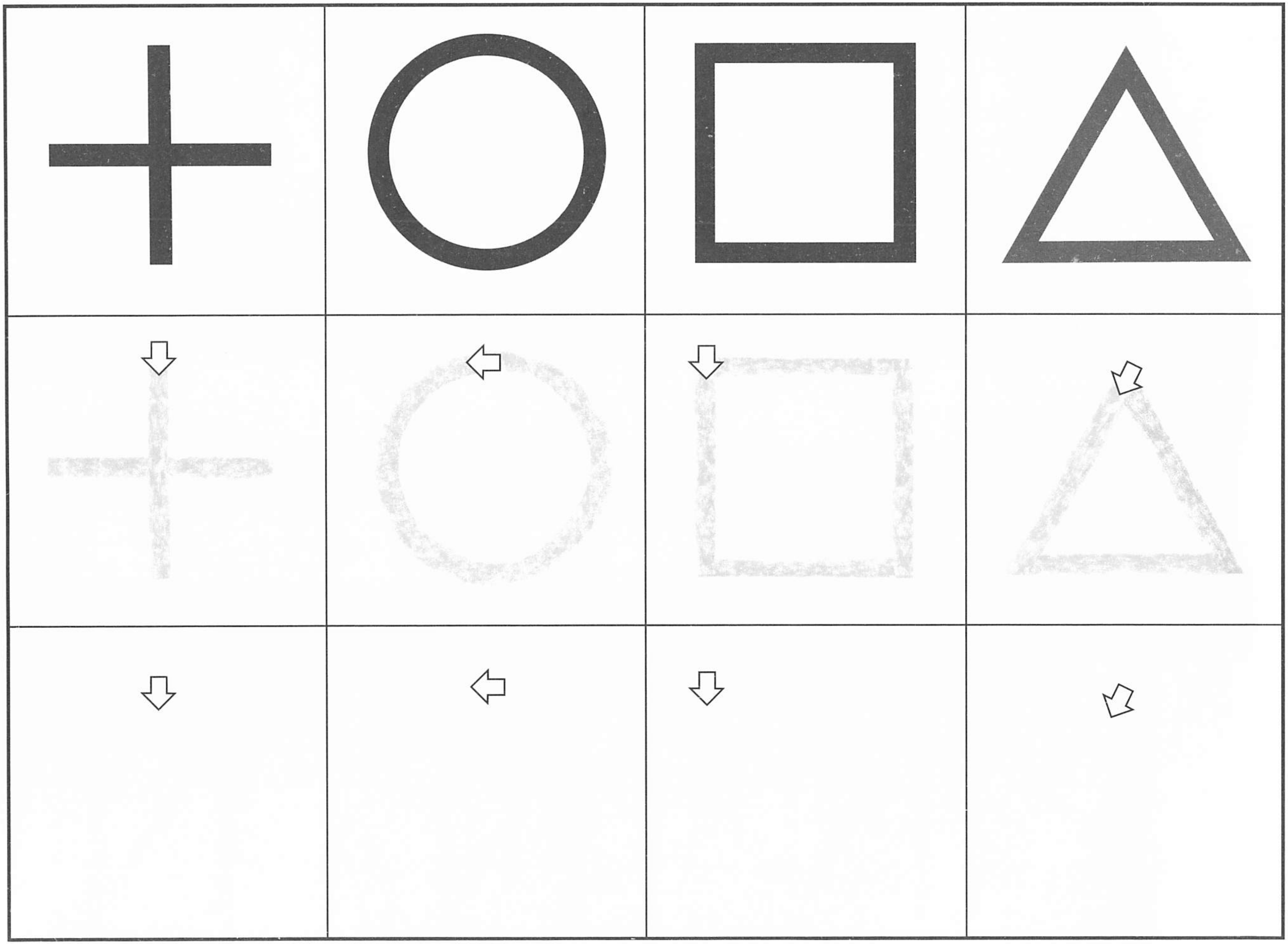


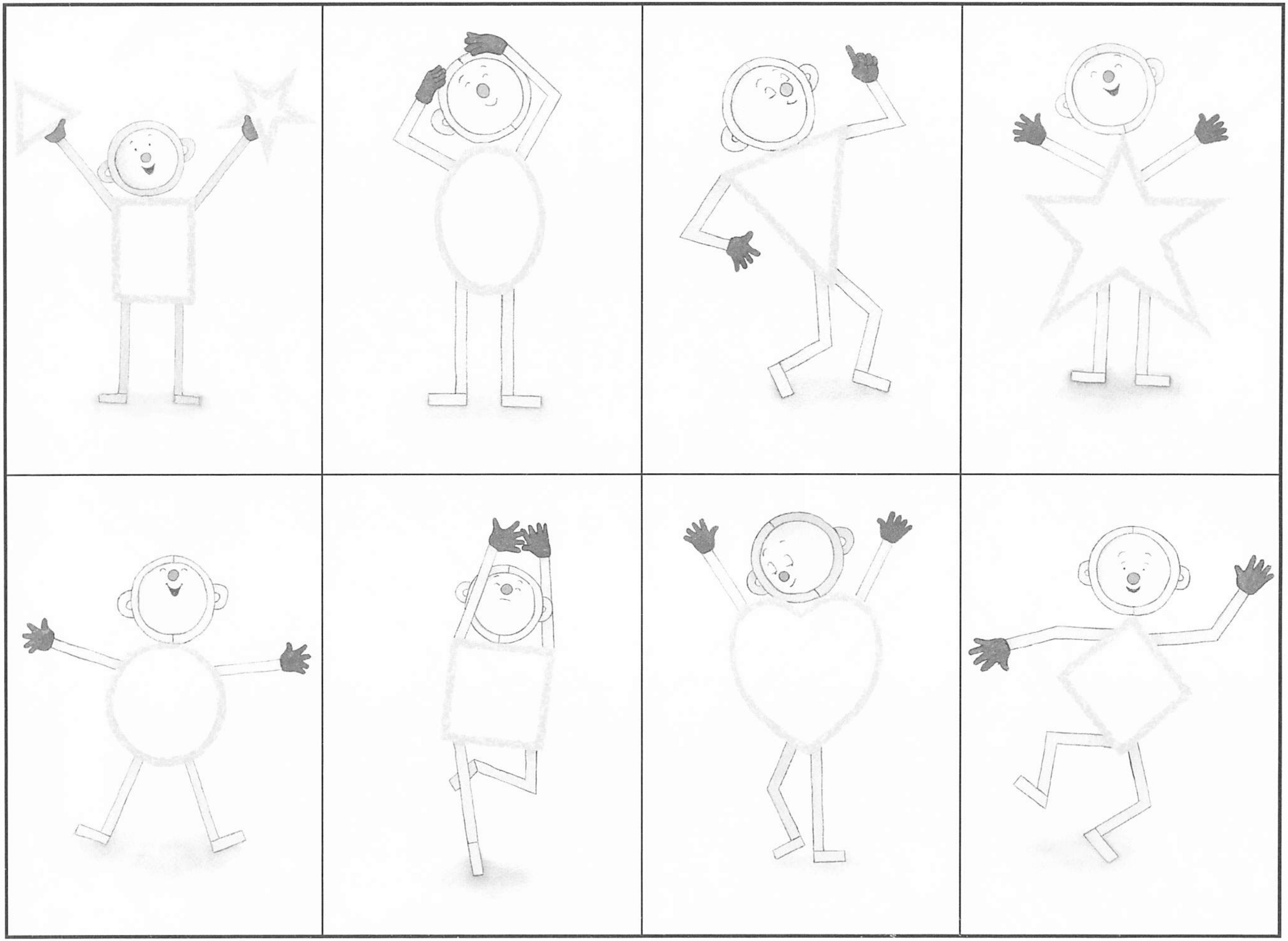


NOZZLE

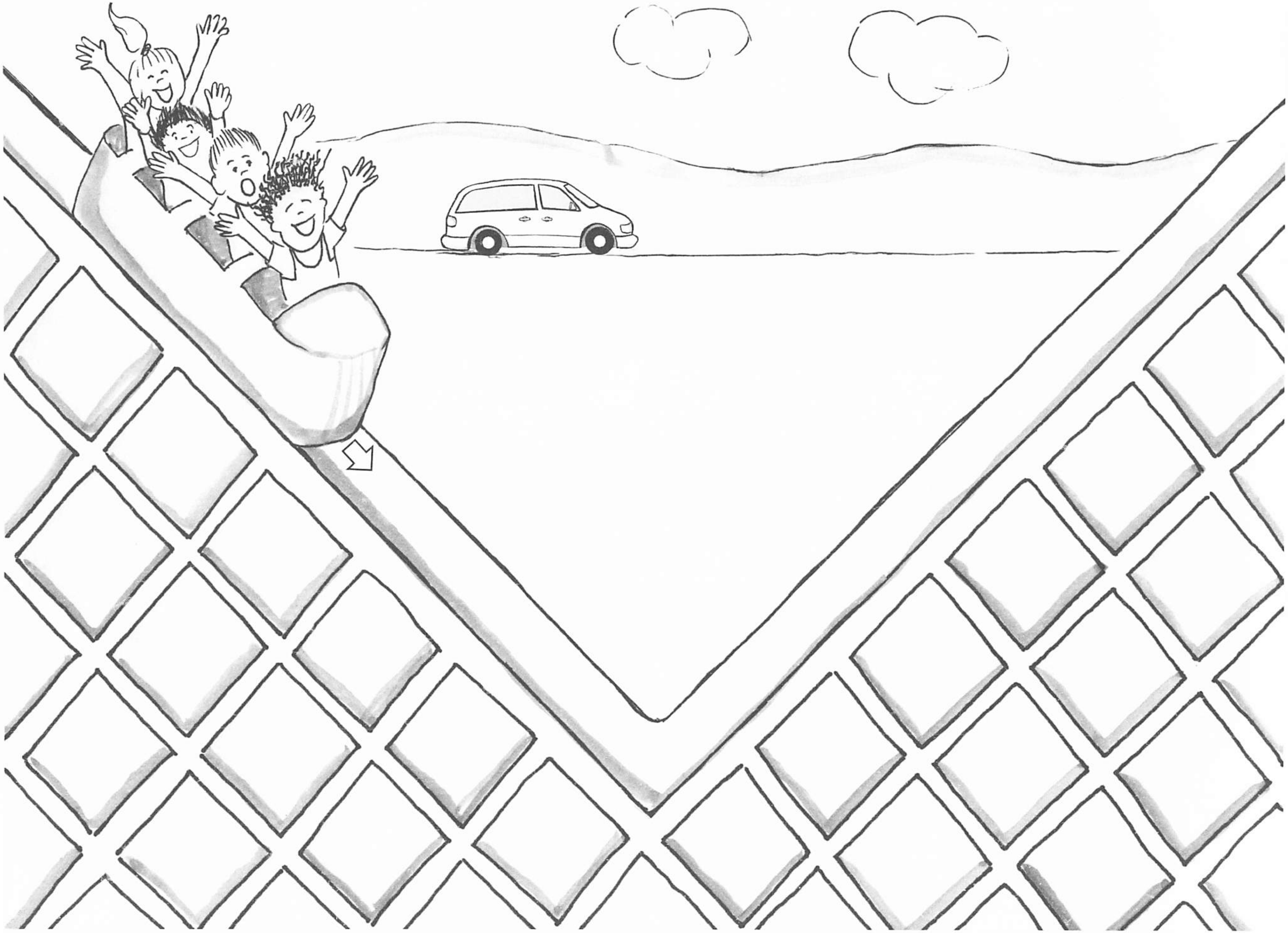








Learn more about shapes with our *Mat Man Shapes* book

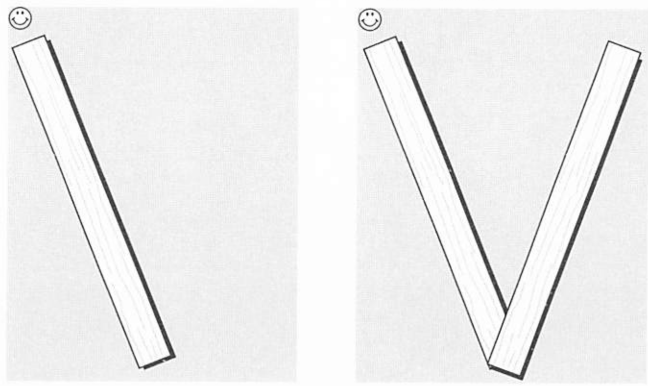


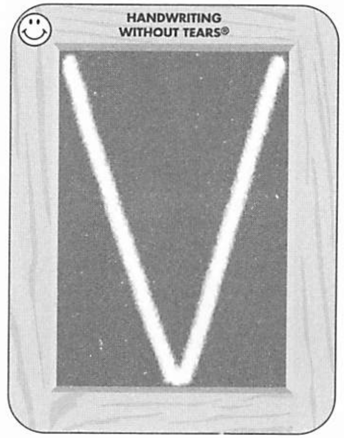
V

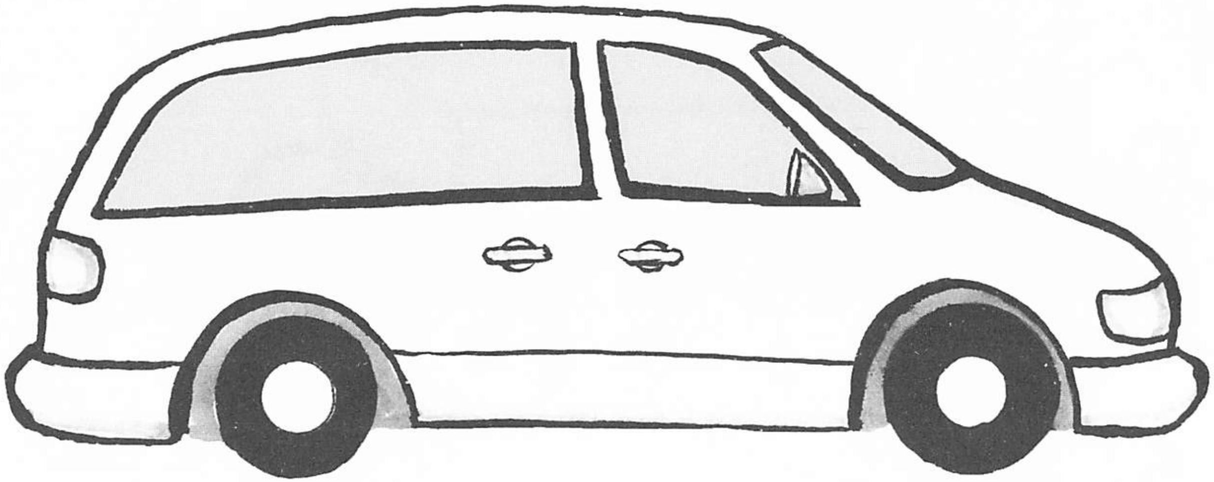
VAN

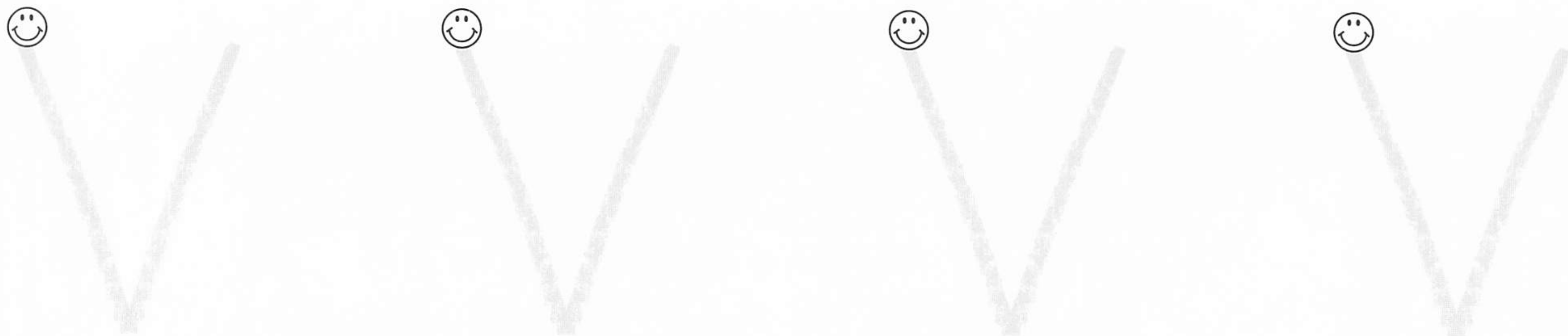
BIG LINE

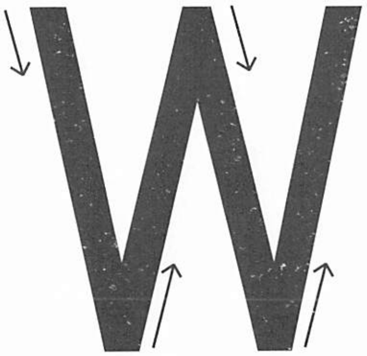
+ BIG LINE

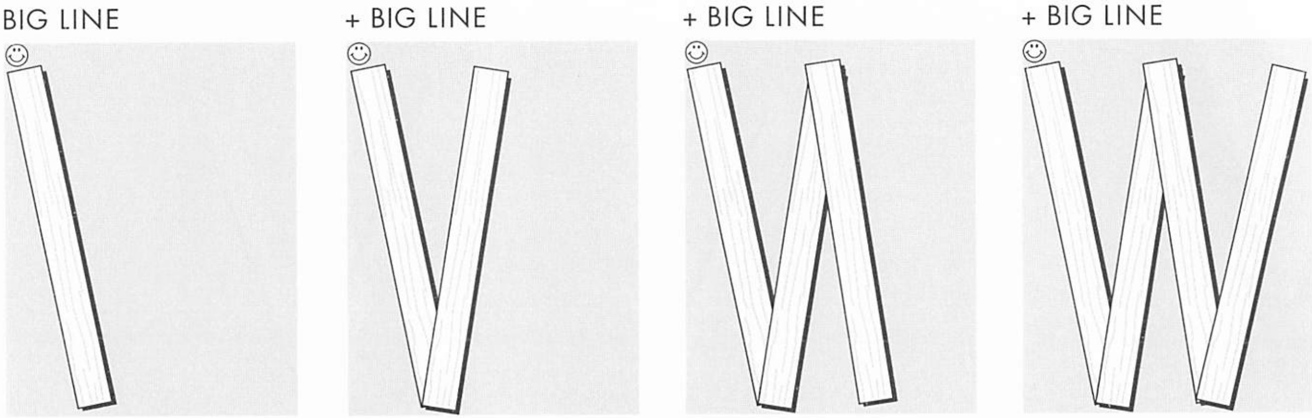




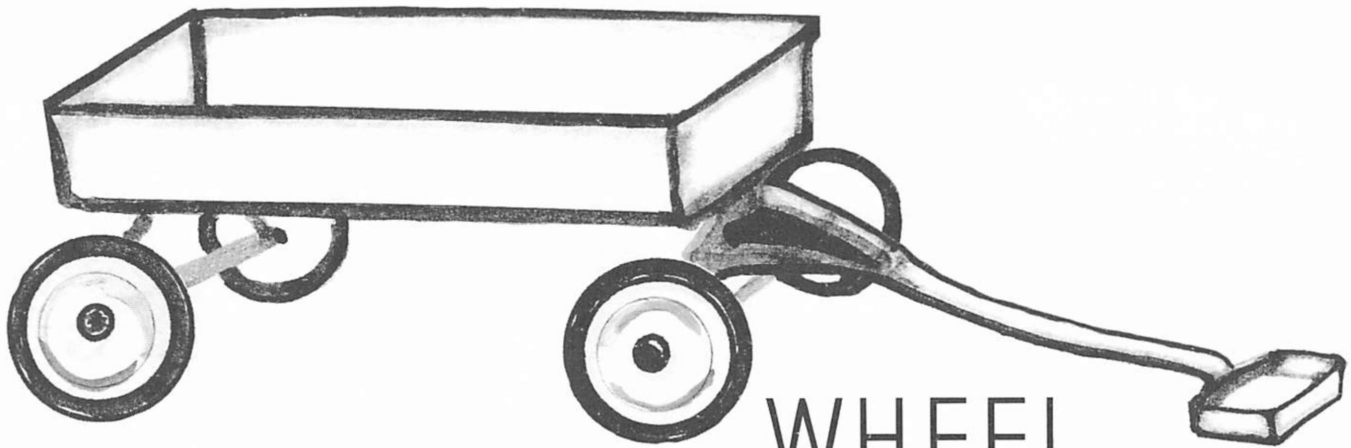




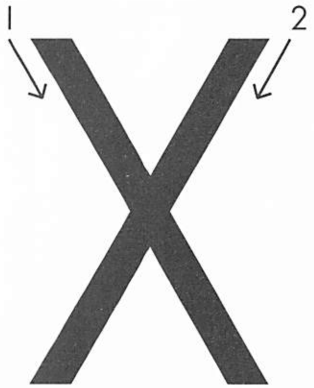




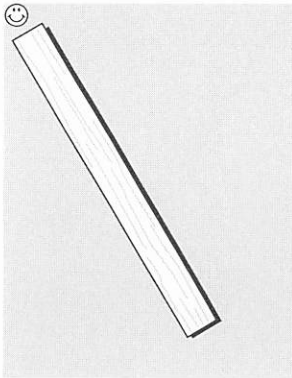
WAGON



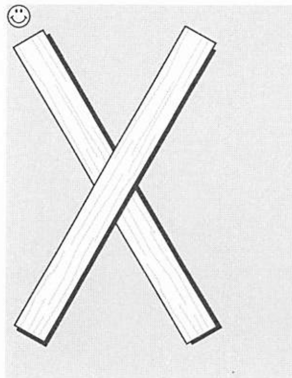


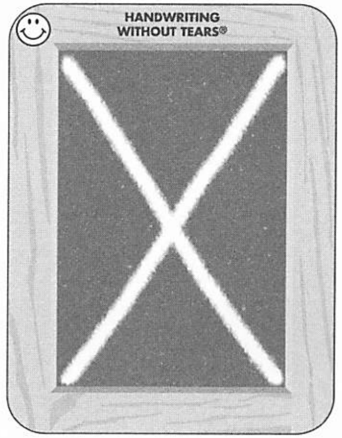


BIG LINE

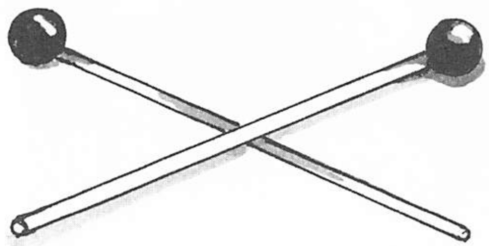


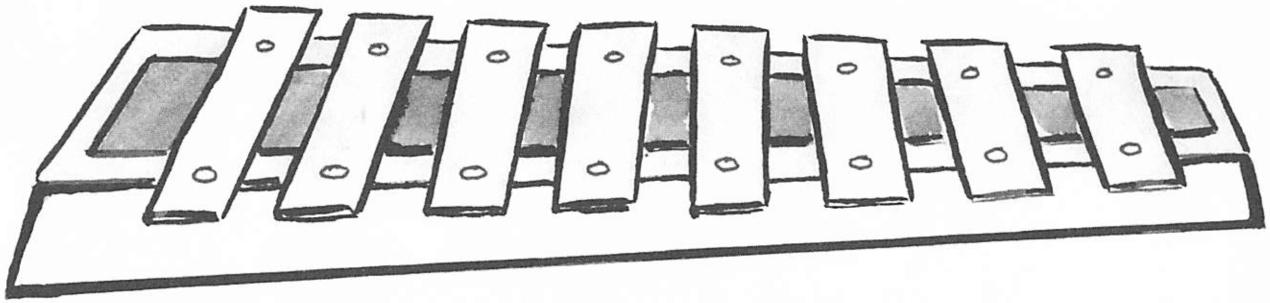
+ BIG LINE

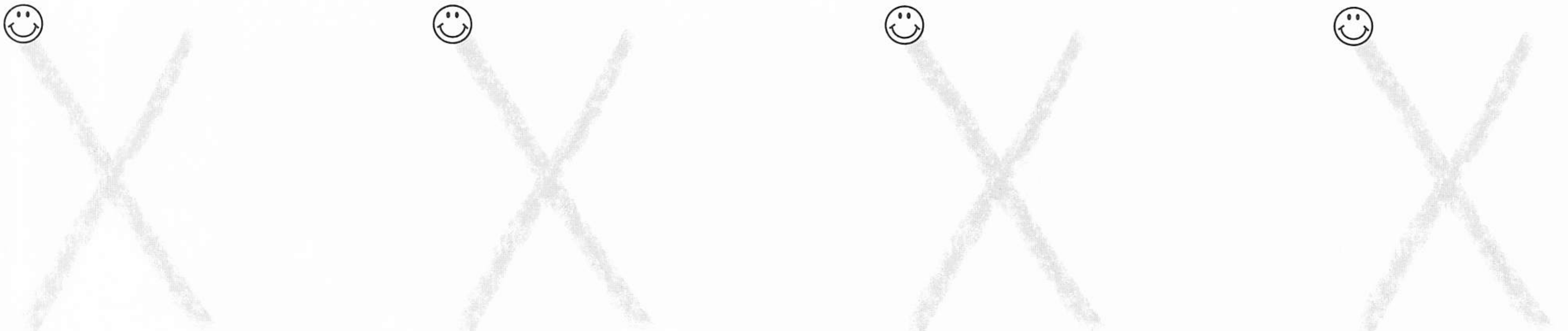


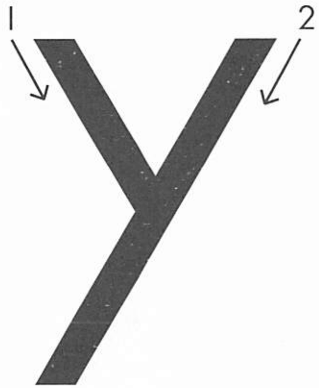


XYLOPHONE

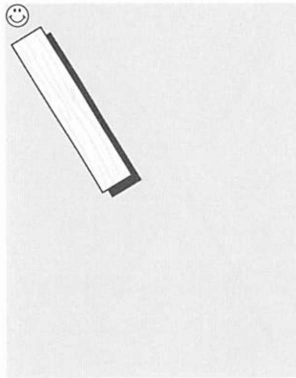




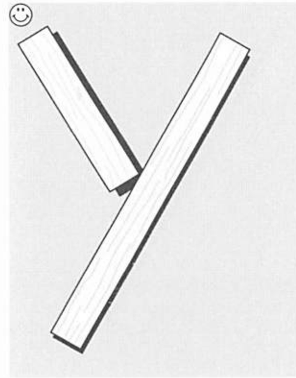


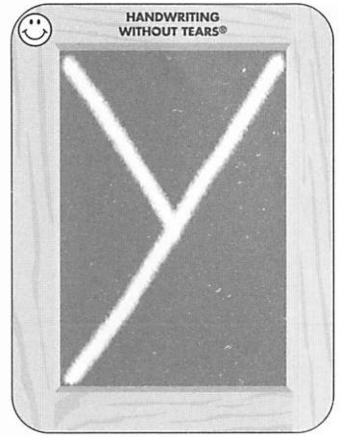


LITTLE LINE



+ BIG LINE

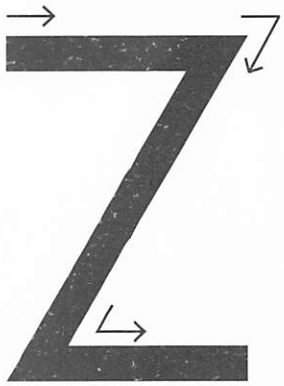




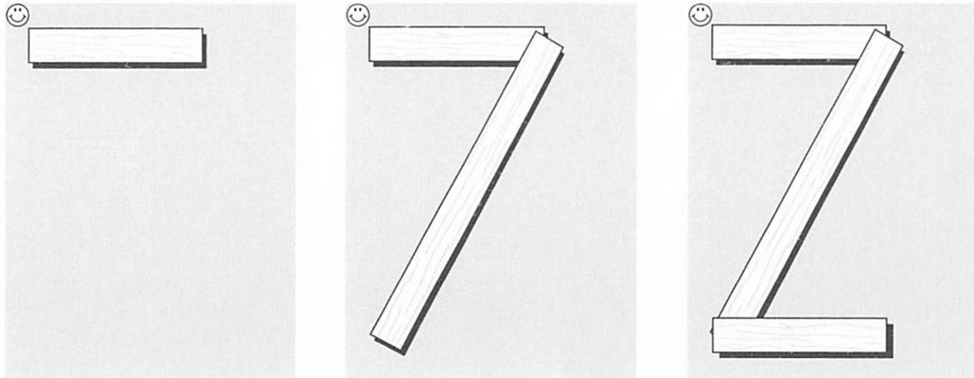
YARN

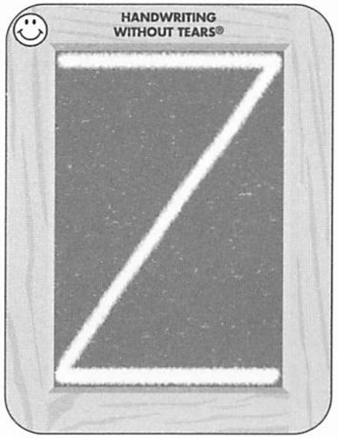




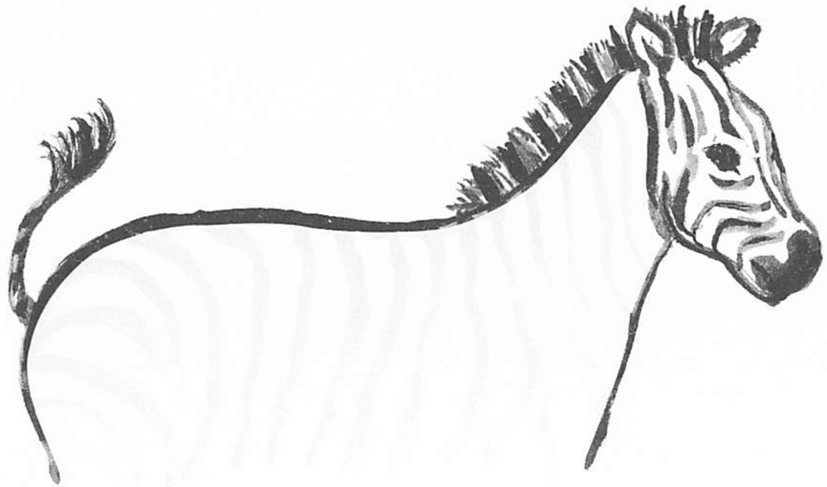


LITTLE LINE + BIG LINE + LITTLE LINE





ZEBRA





ALPHABET REVIEW

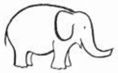
A B C D

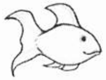
    

I J K L M

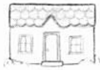
    

R S T U V


E


F


G


H


N


O


P


Q

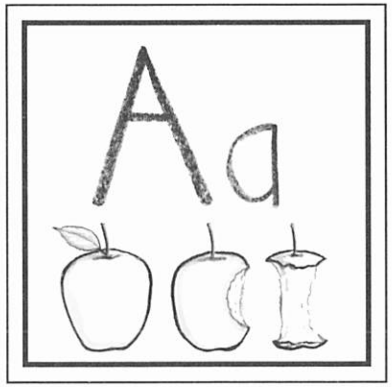

W


X

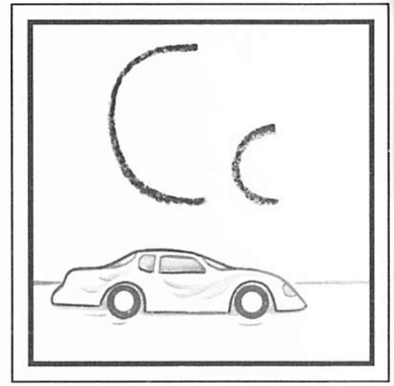

Y


Z

CAPITALS and Lowercase Letters







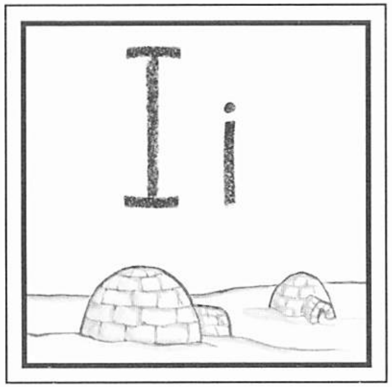
Try these activities.
Use them with other letters.

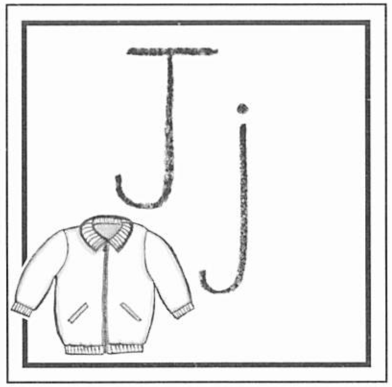
Find capital A and lowercase a.
Do they look alike?

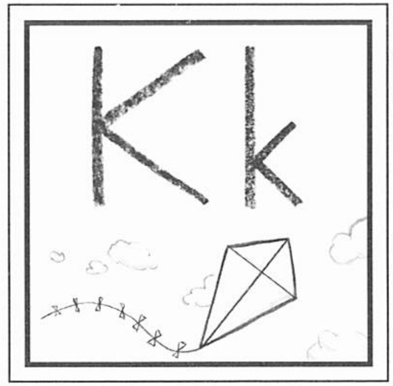
D....uck starts with d.
What sound does d make?

Find the mouse.
Mouse starts with ___.

Find V.
What comes after V?



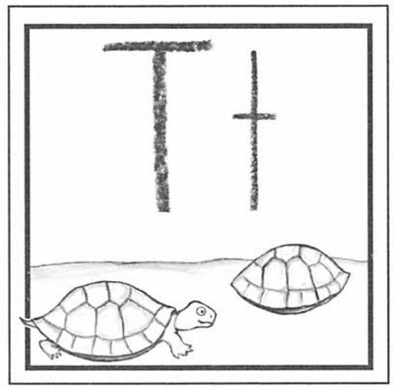


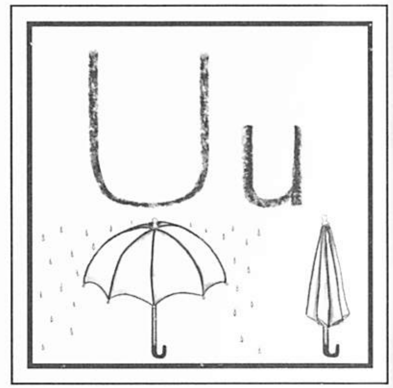




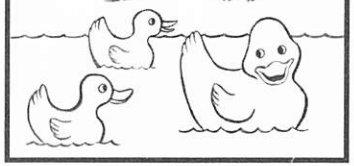




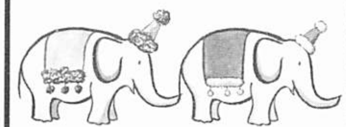




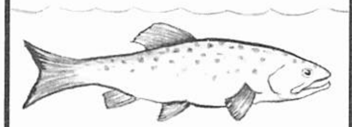
Dd



Ee



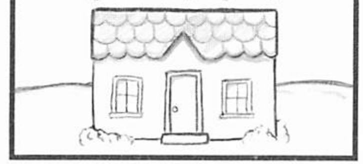
Ff



Gg



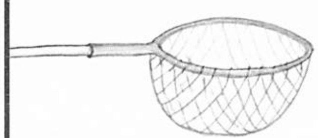
Hh



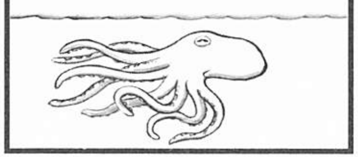
Mm



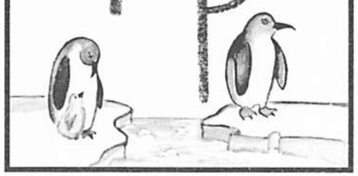
Nn



Oo



Pp



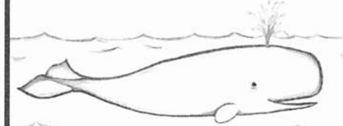
Qq



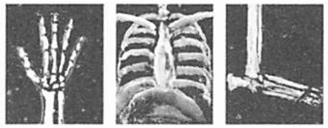
Vv



Ww



Xx



Yy



Zz



Lowercase Matching

Aa - g a

Rr - r i

Ii - o i

Ee - a e

Dd - d a

Nn - n r

Lowercase Matching

F f - t f

M m - m n

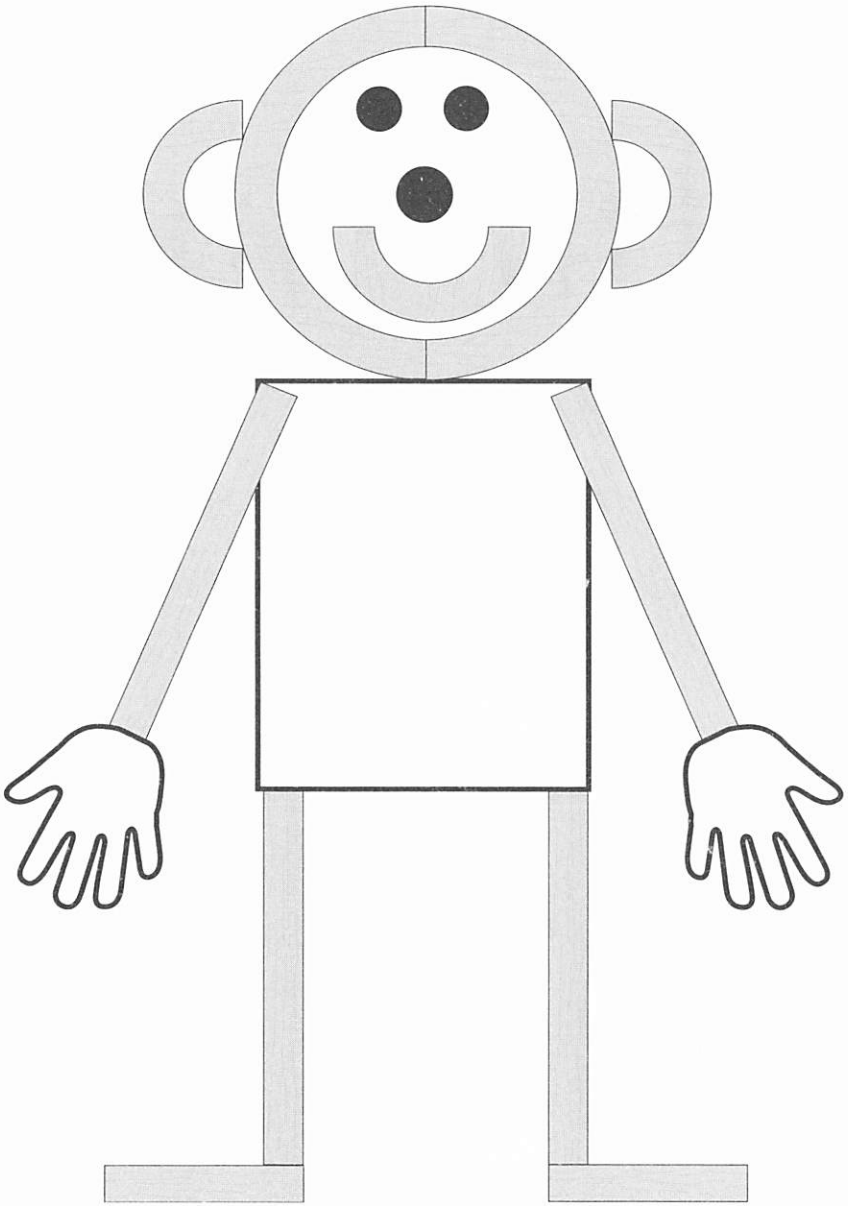
H h - h n

T t - f t

G g - p g

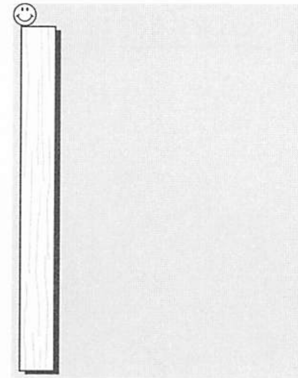
L l - k l

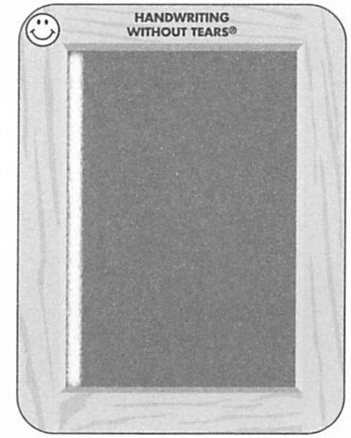
MAT MAN®



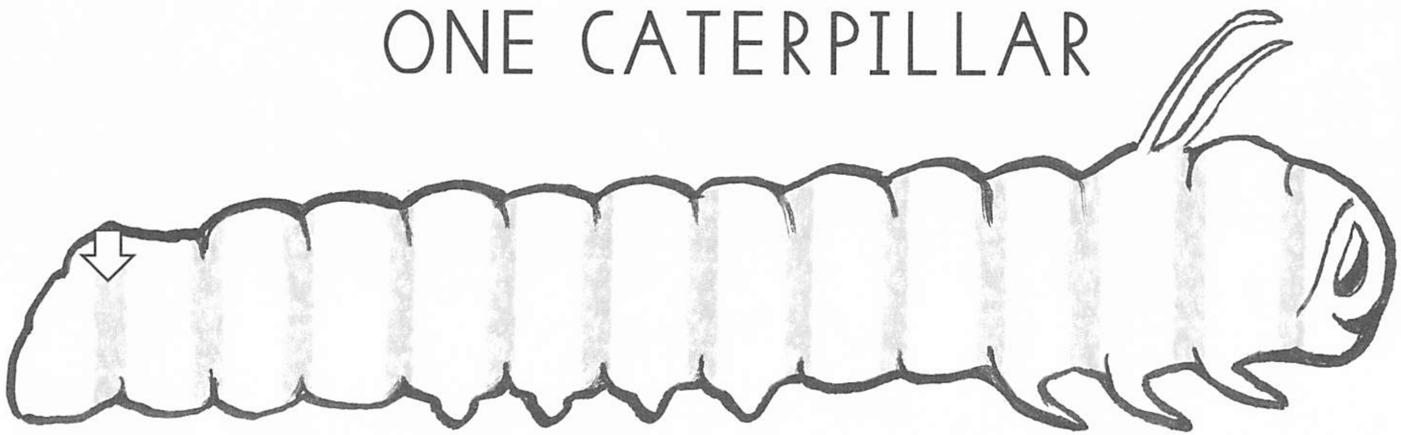


BIG LINE





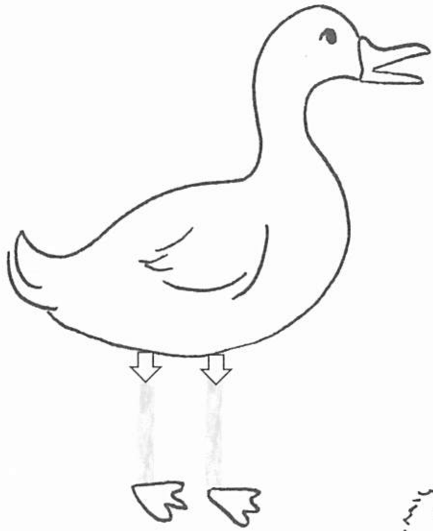
ONE CATERPILLAR

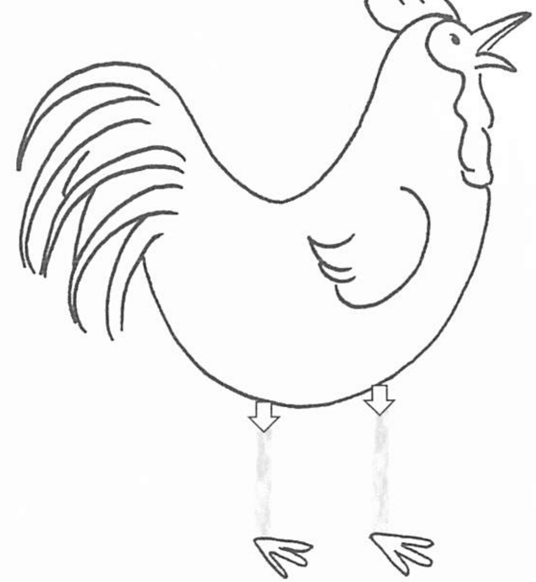


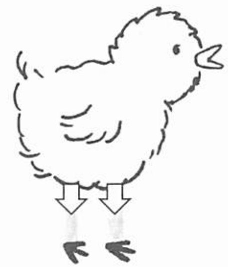


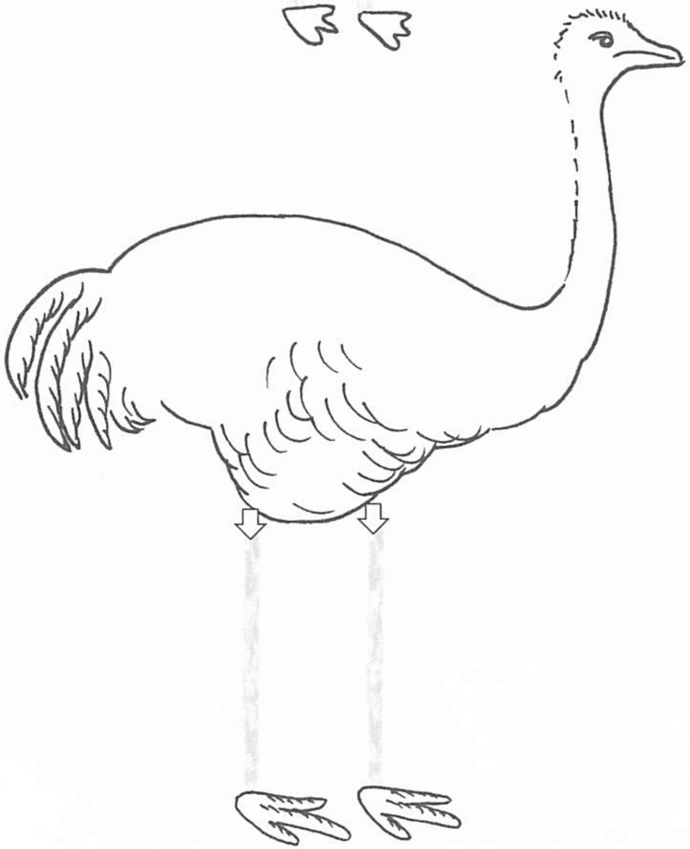


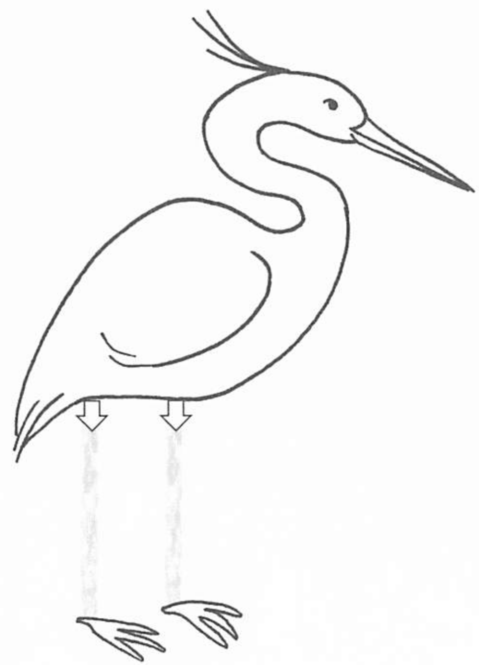
Quack, quack, peep, peep, cock a doodle do
When we count the legs on birds
We always count 1, 2.

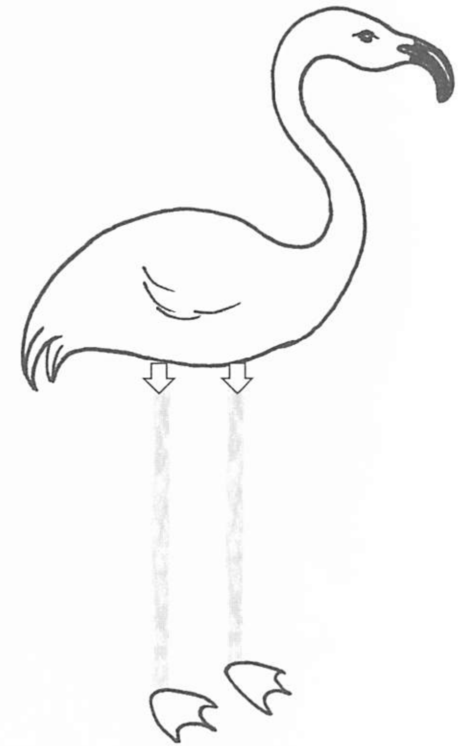






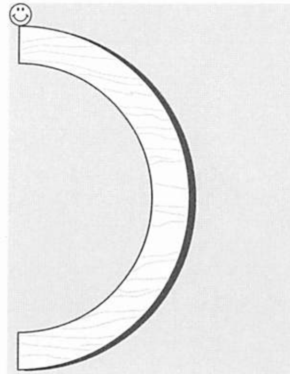




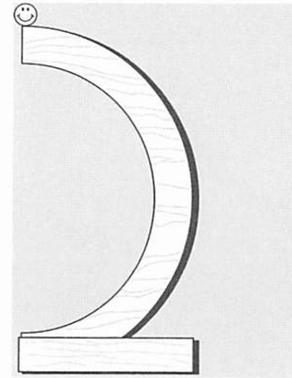


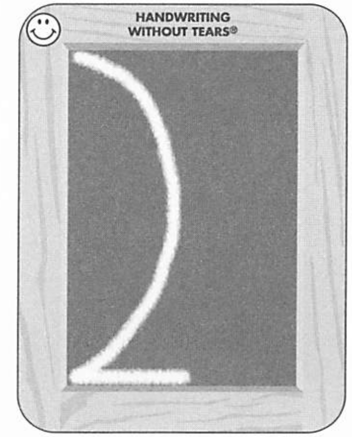


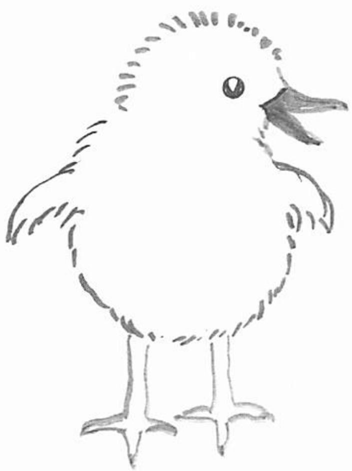
BIG CURVE



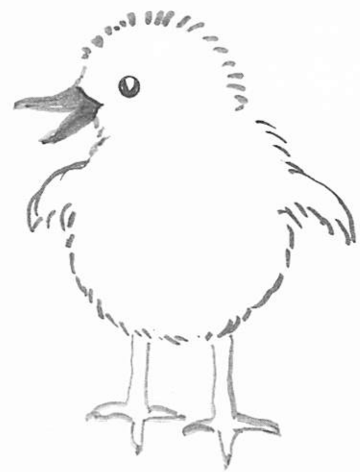
+ LITTLE LINE



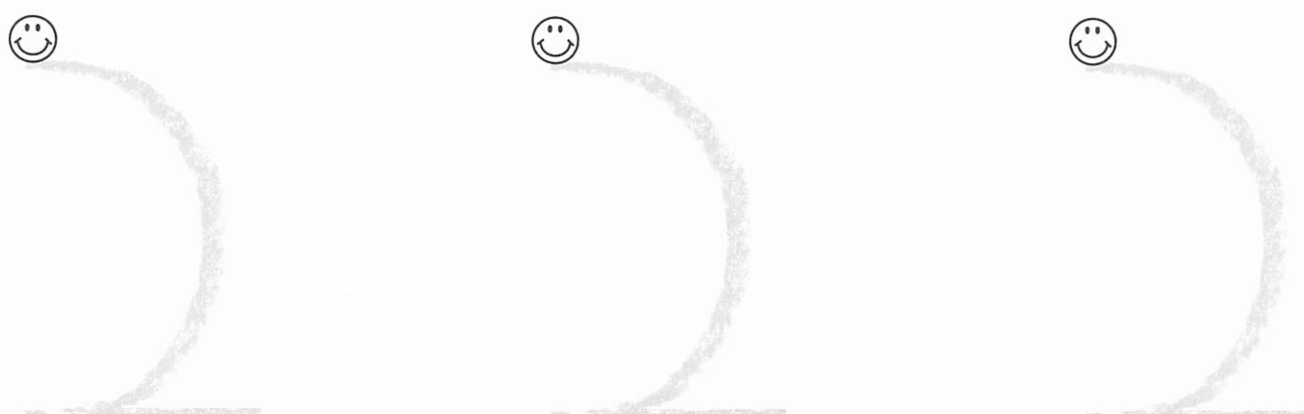




TWO CHICKS

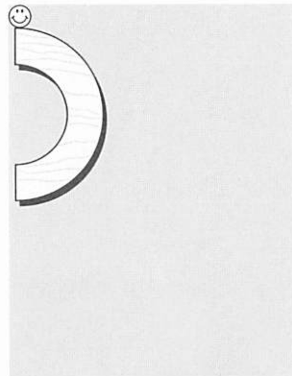




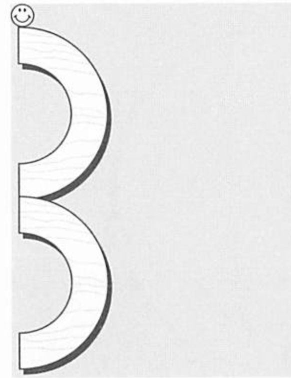


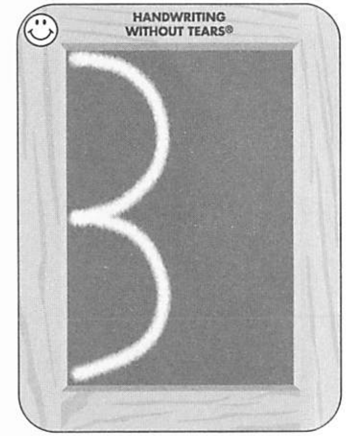


LITTLE CURVE

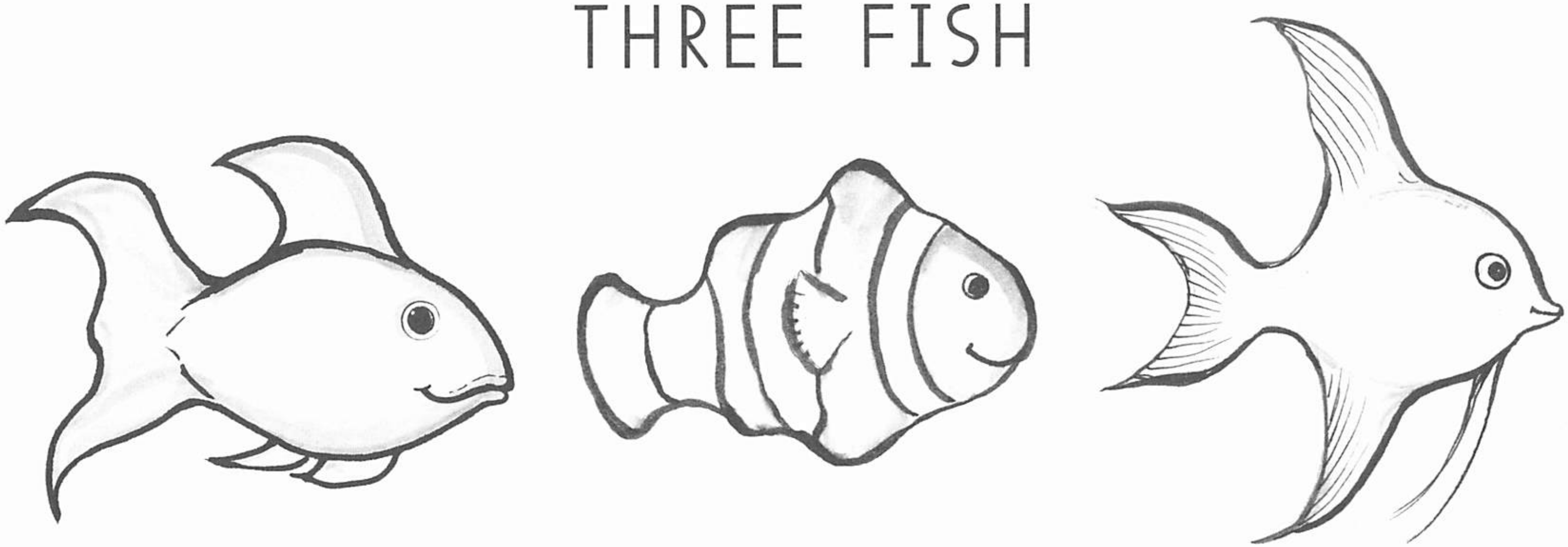


+ LITTLE CURVE

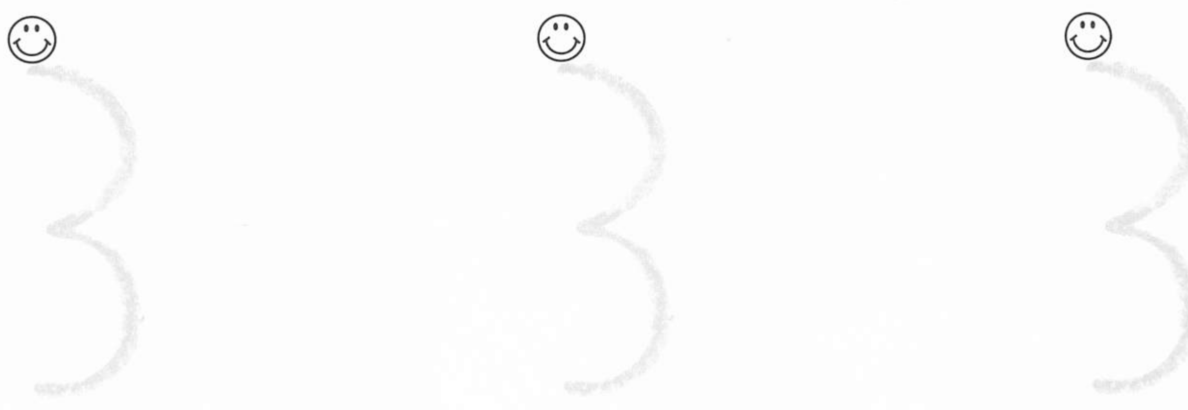


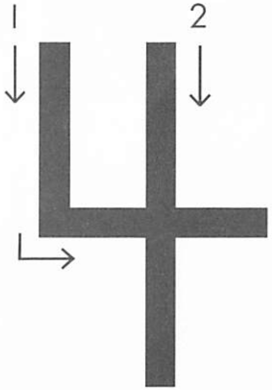


THREE FISH

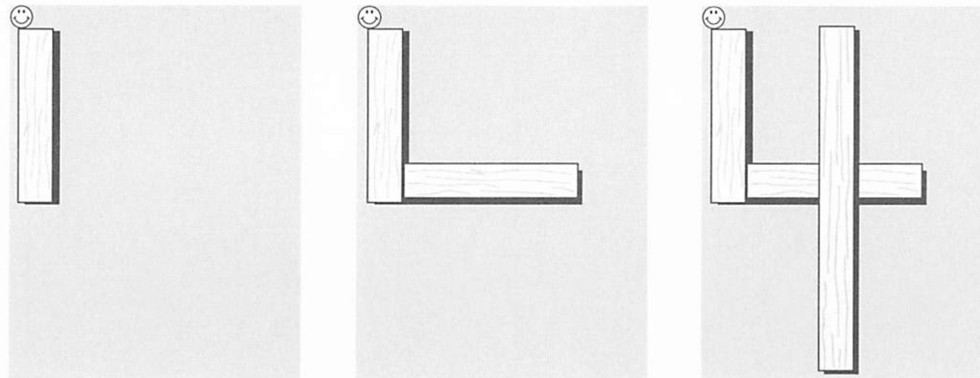


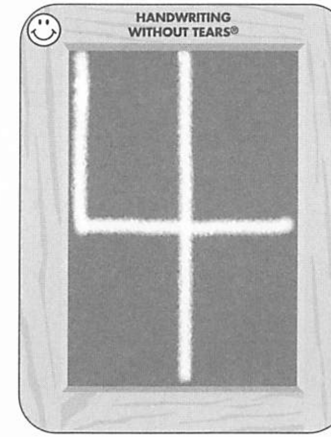




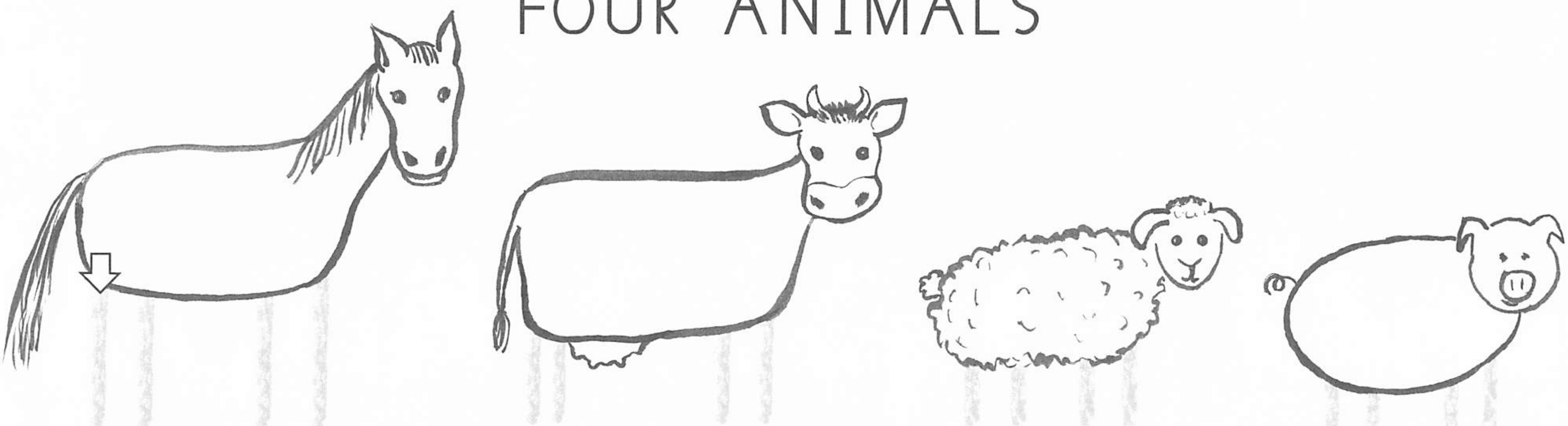


LITTLE LINE + LITTLE LINE + BIG LINE

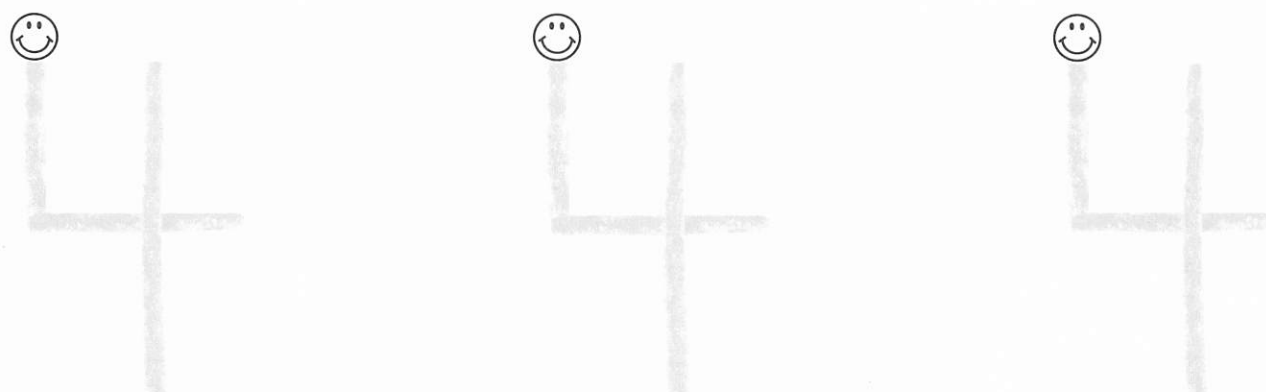




FOUR ANIMALS







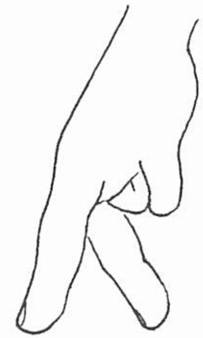
FIVE FINGERS PLAY



One finger points



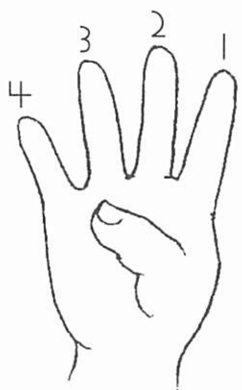
Two fingers walk



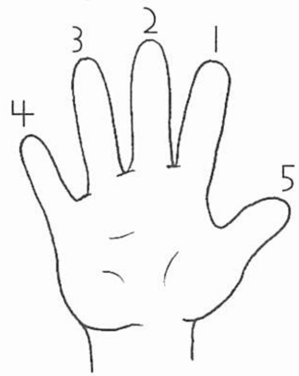
Three fingers stand up and talk, talk, talk



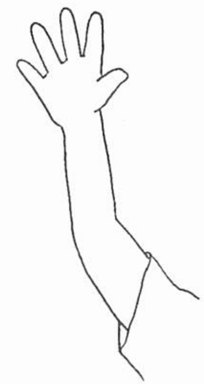
Four fingers count 1, 2, 3, 4



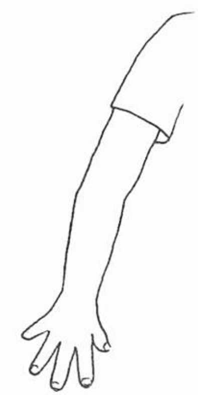
Oh look, I've got one more!
Five fingers 1, 2, 3, 4, 5



Five fingers up



Five fingers down



Five fingers go round and round



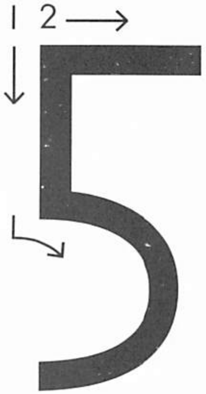
Five fingers here

Five fingers there

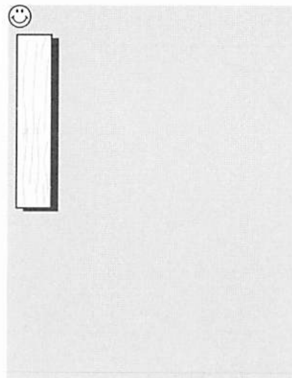


Ten fingers to wash my hair

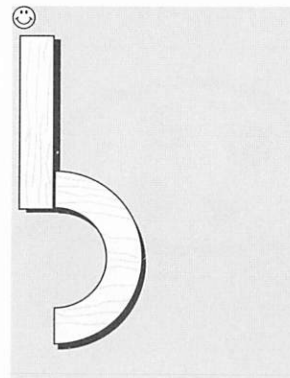




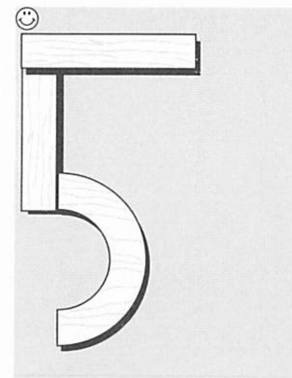
LITTLE LINE

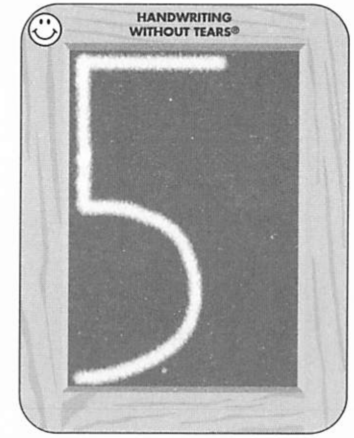


+ LITTLE CURVE

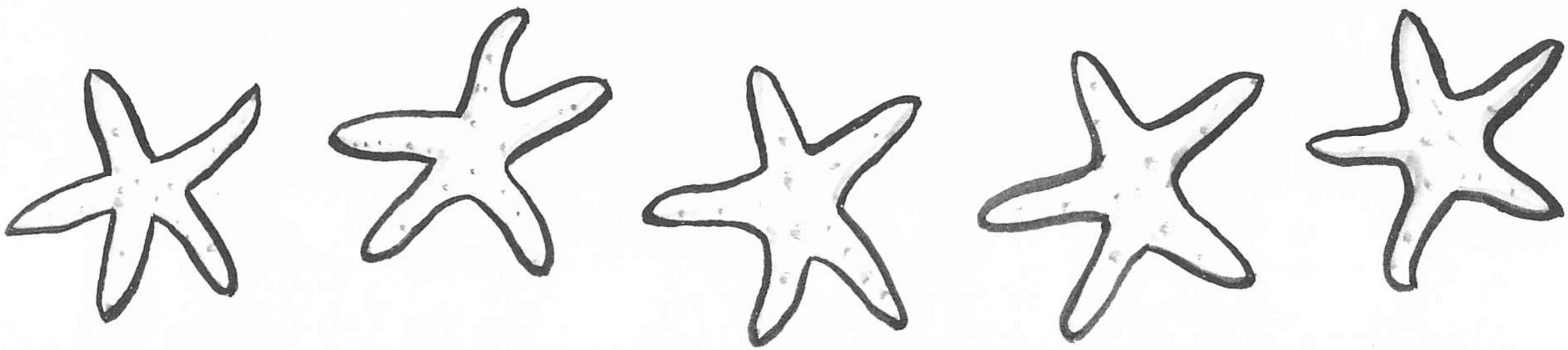


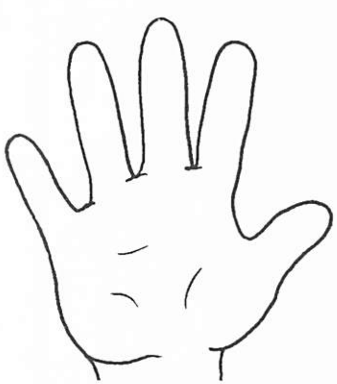
+ LITTLE LINE

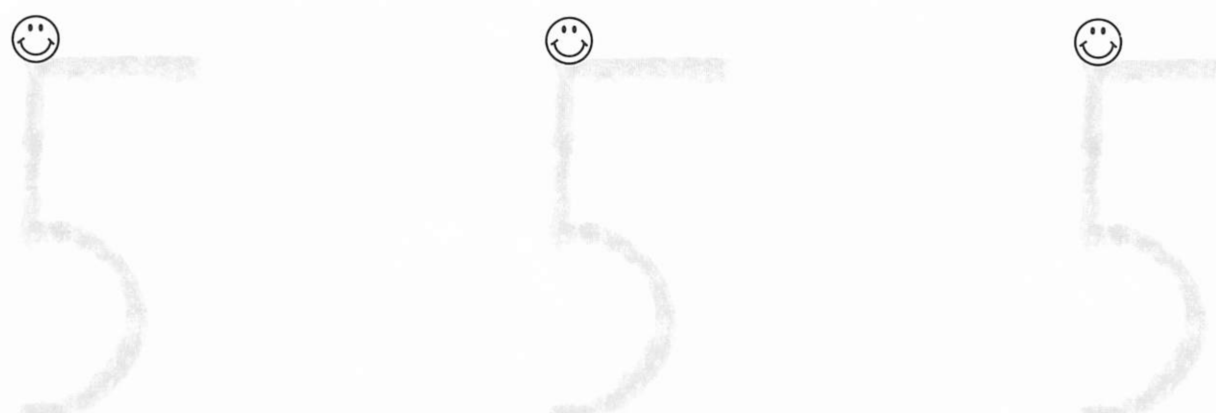


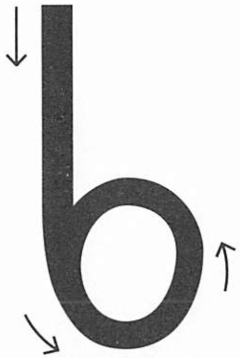


FIVE STARFISH

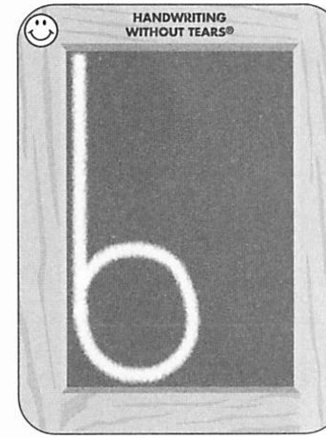


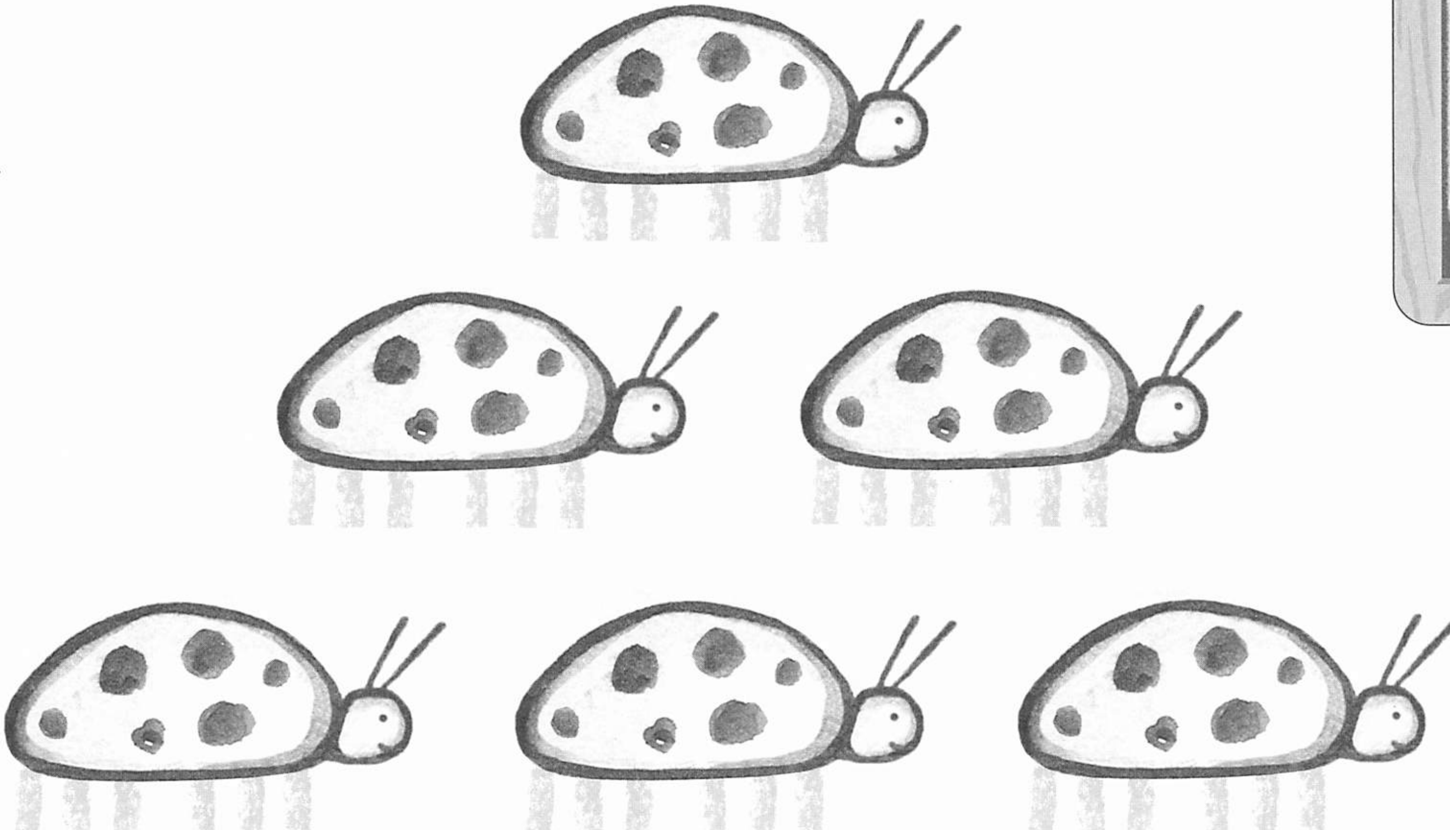


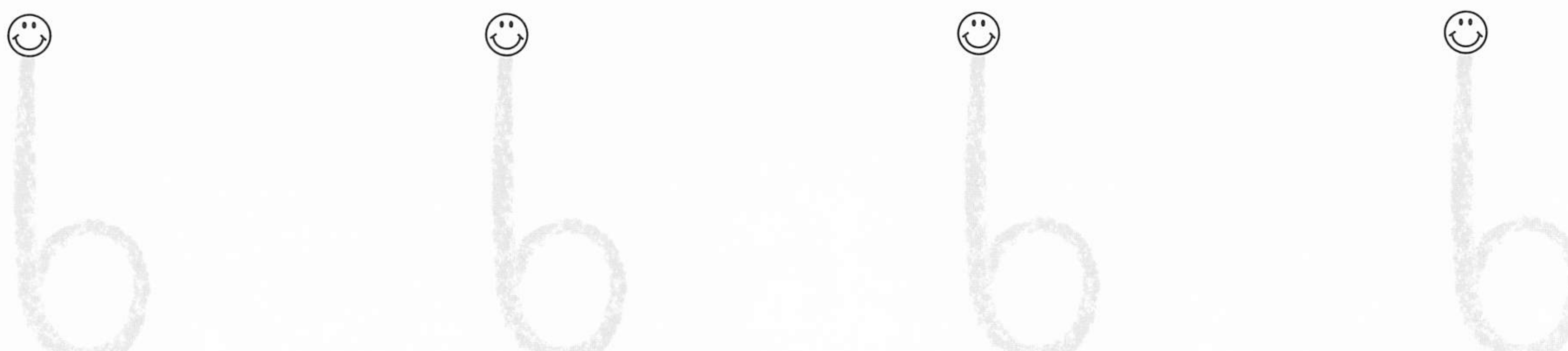




SIX LADYBUGS

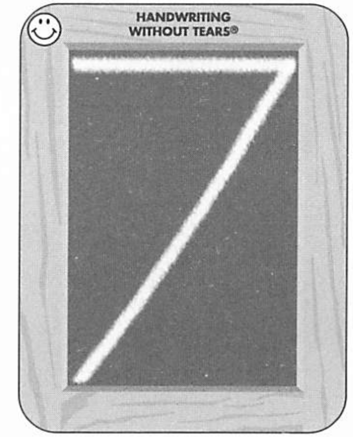


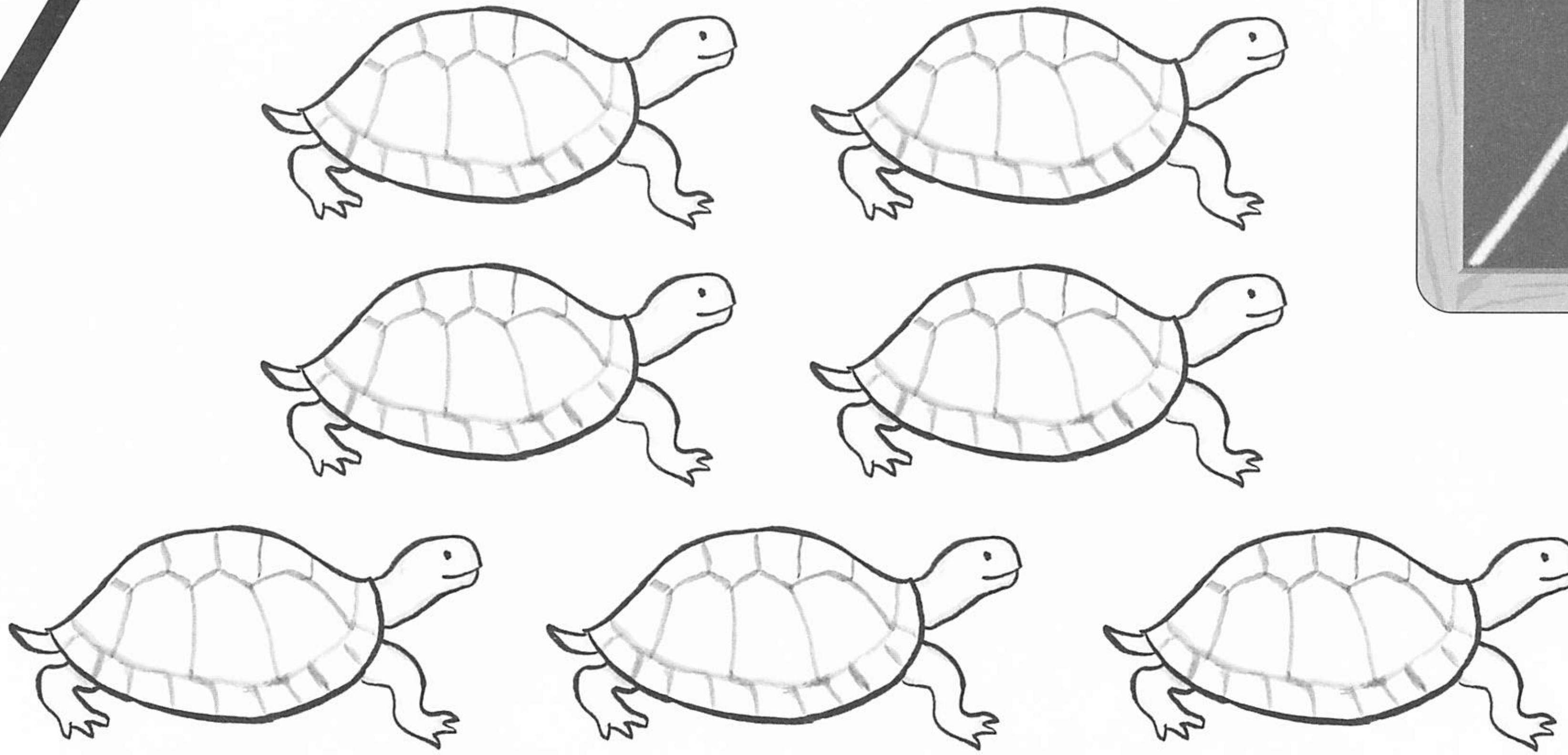




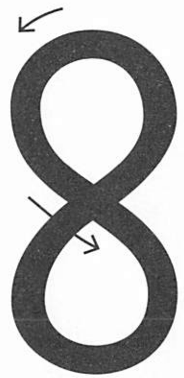
7

SEVEN TURTLES

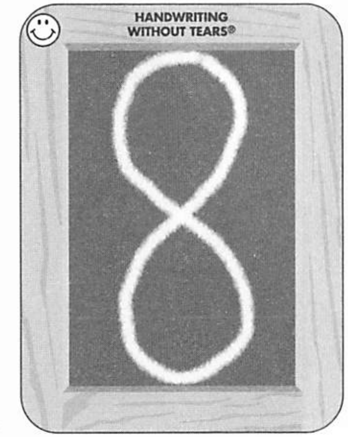


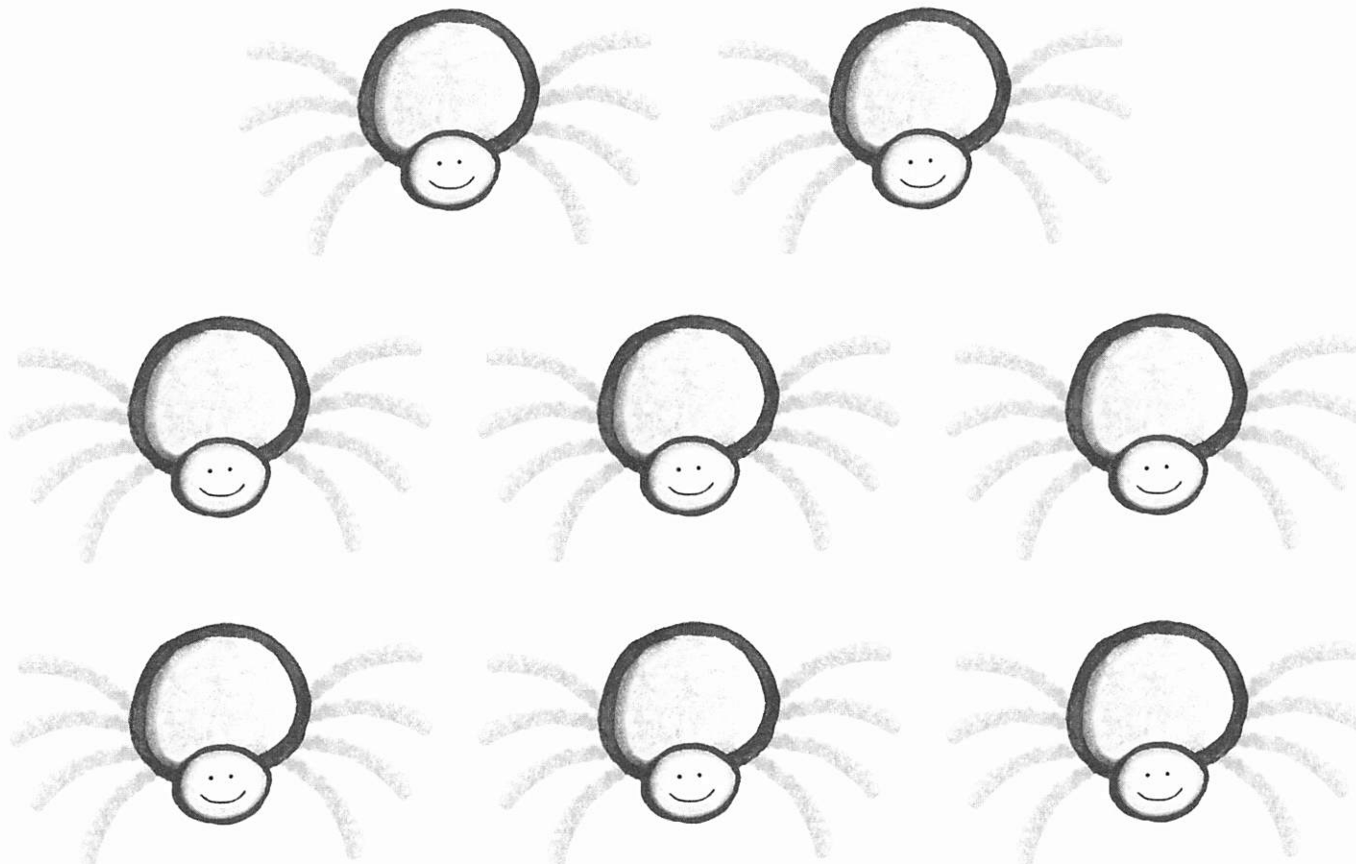




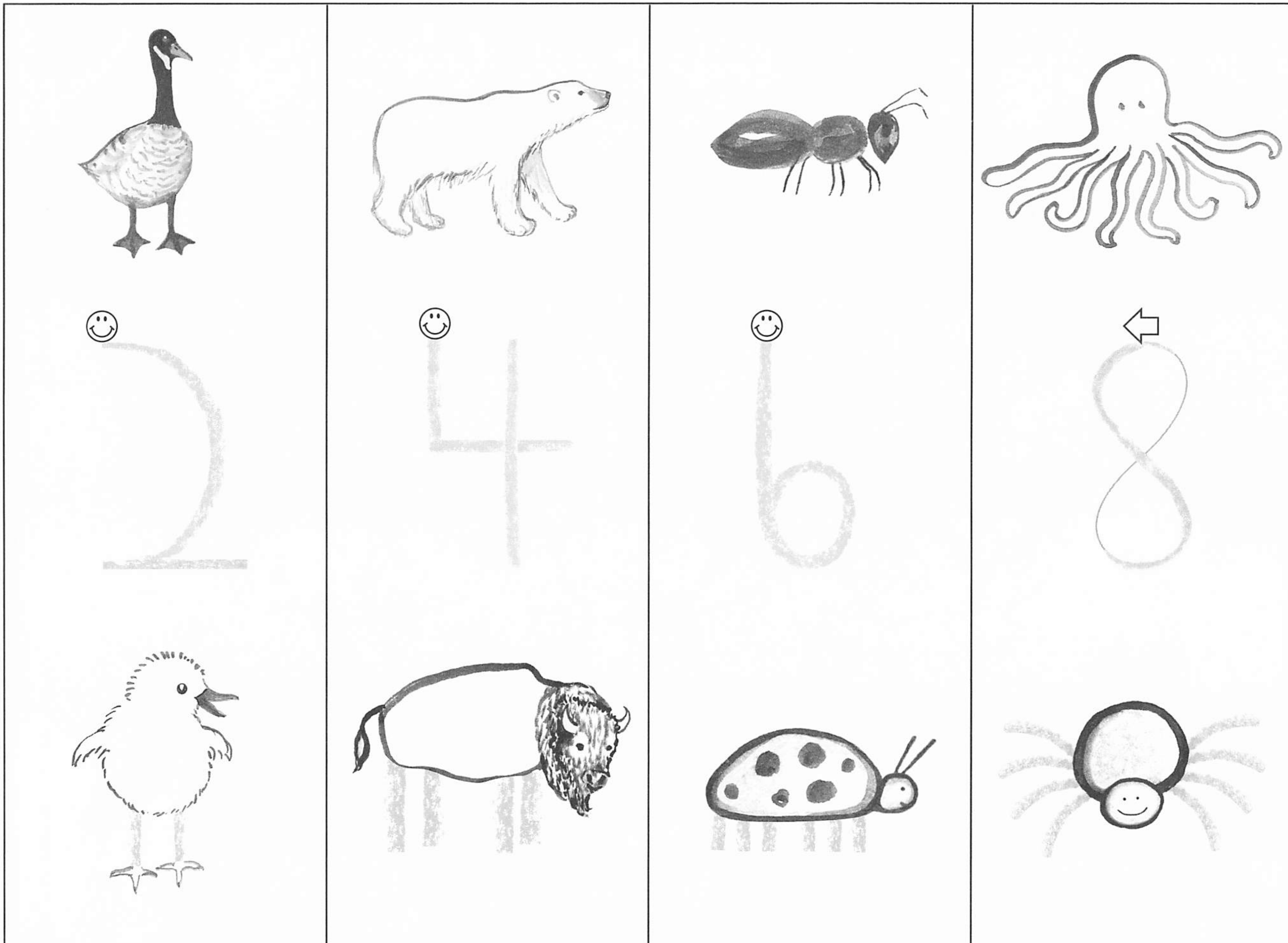


EIGHT SPIDERS



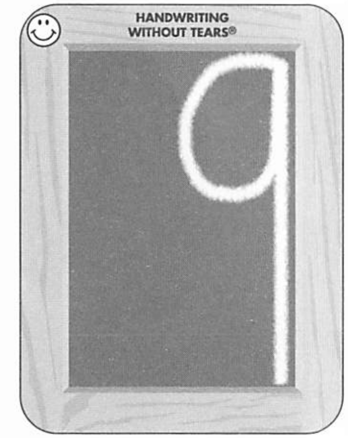


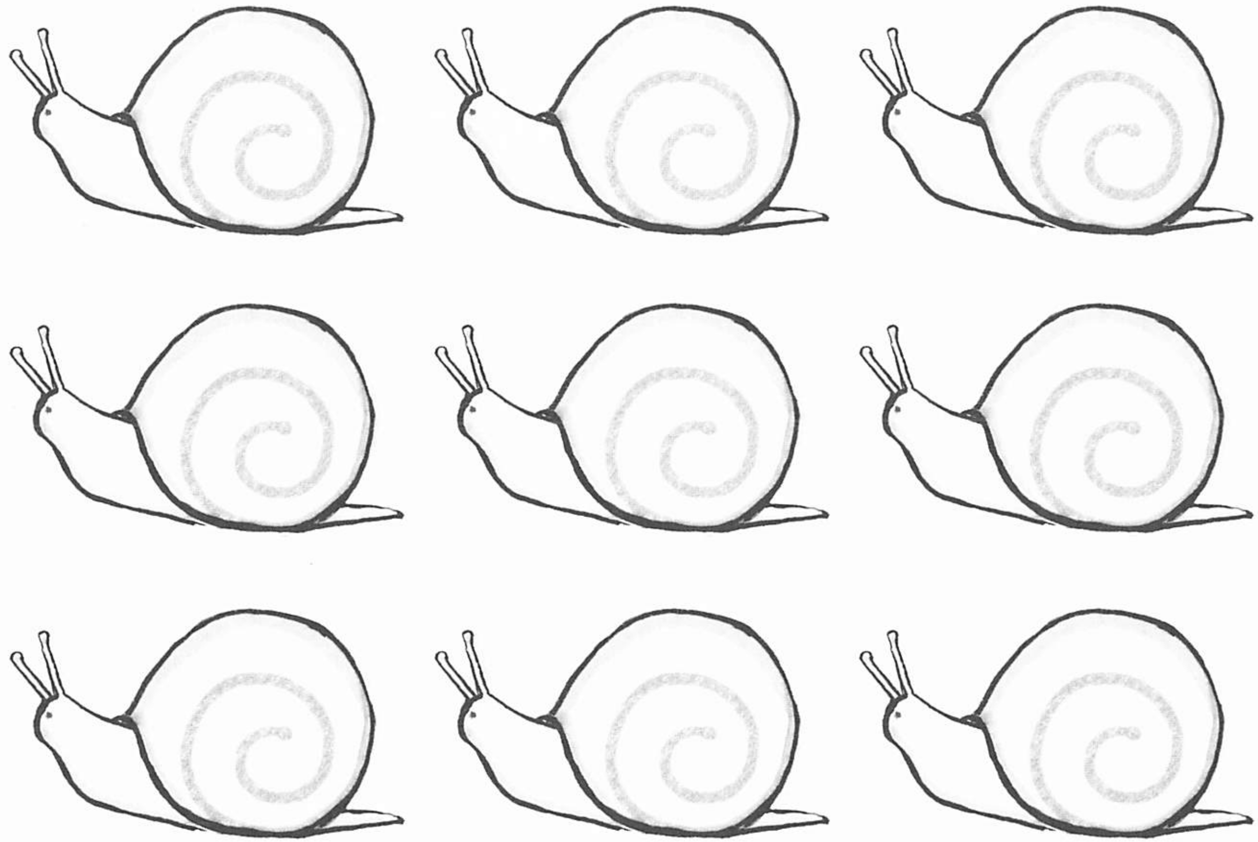



2
4
6
8

9

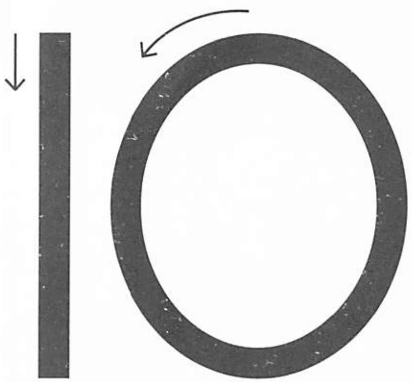
NINE SNAILS

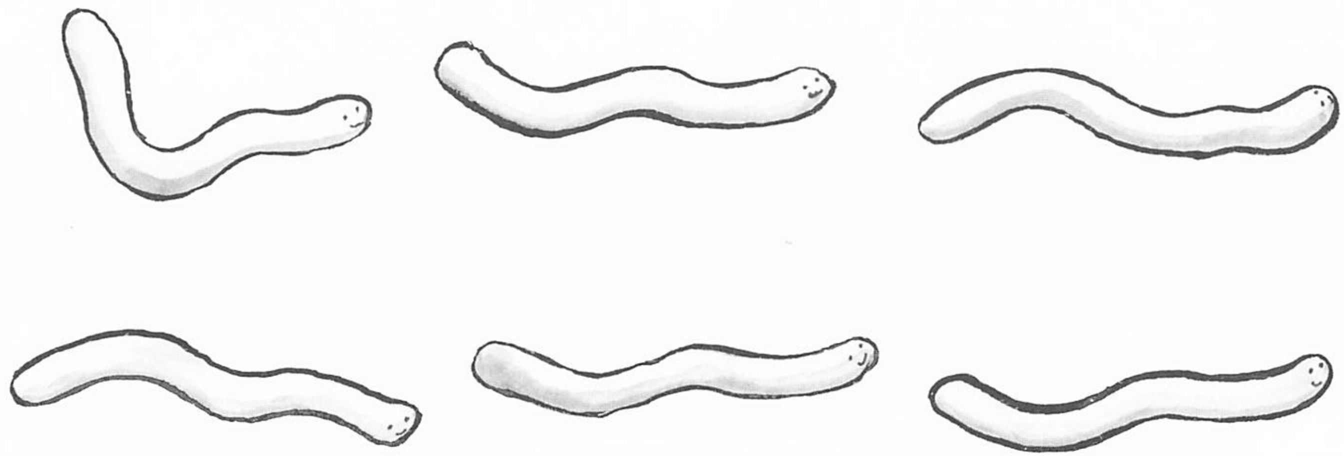


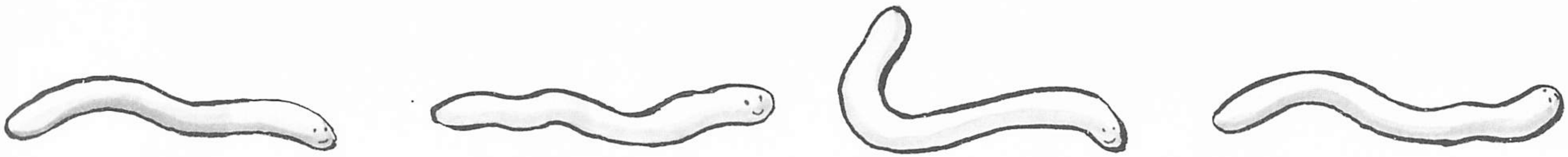


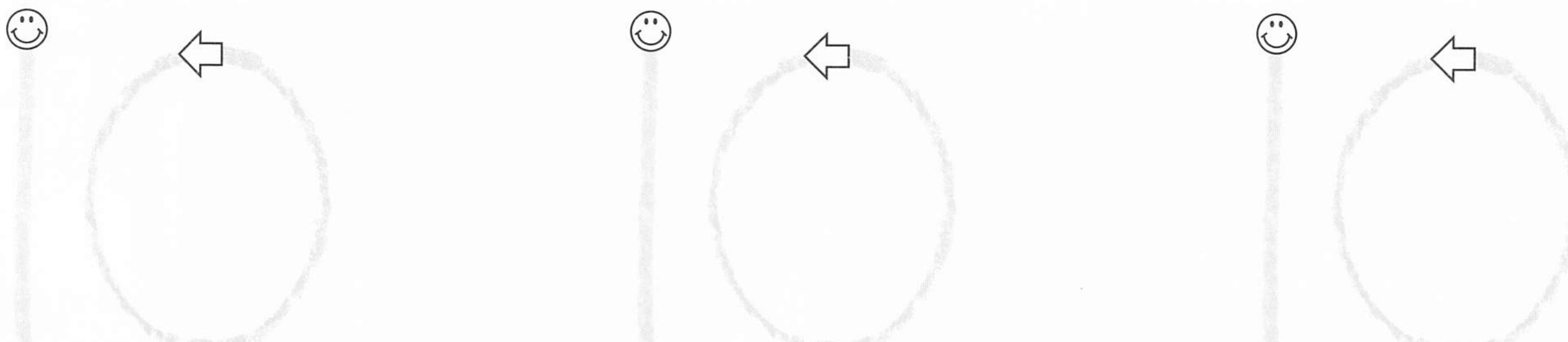


TEN WORMS

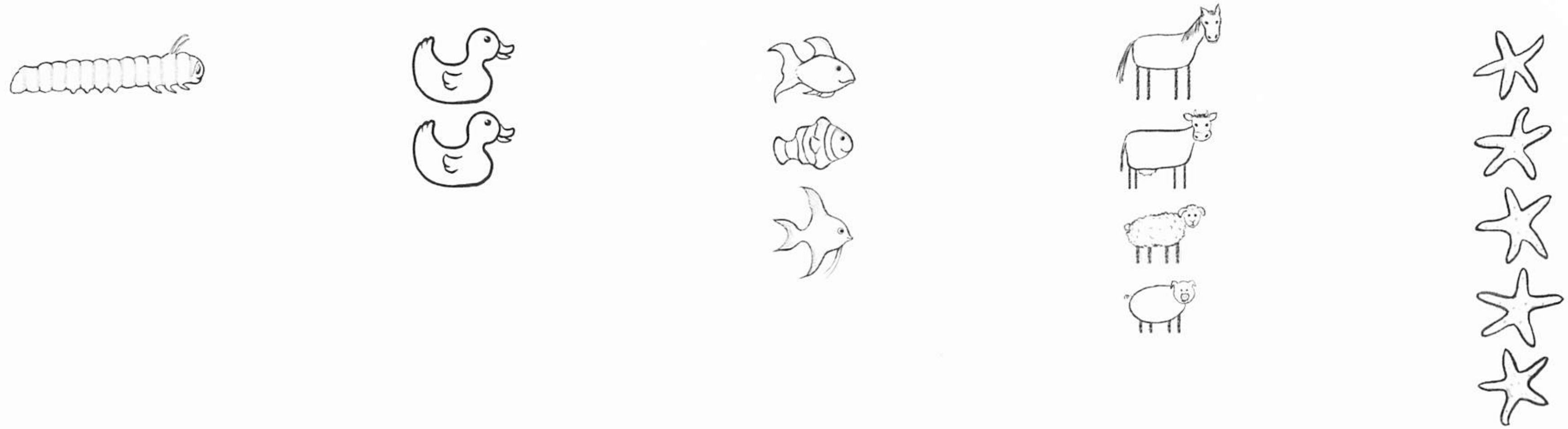






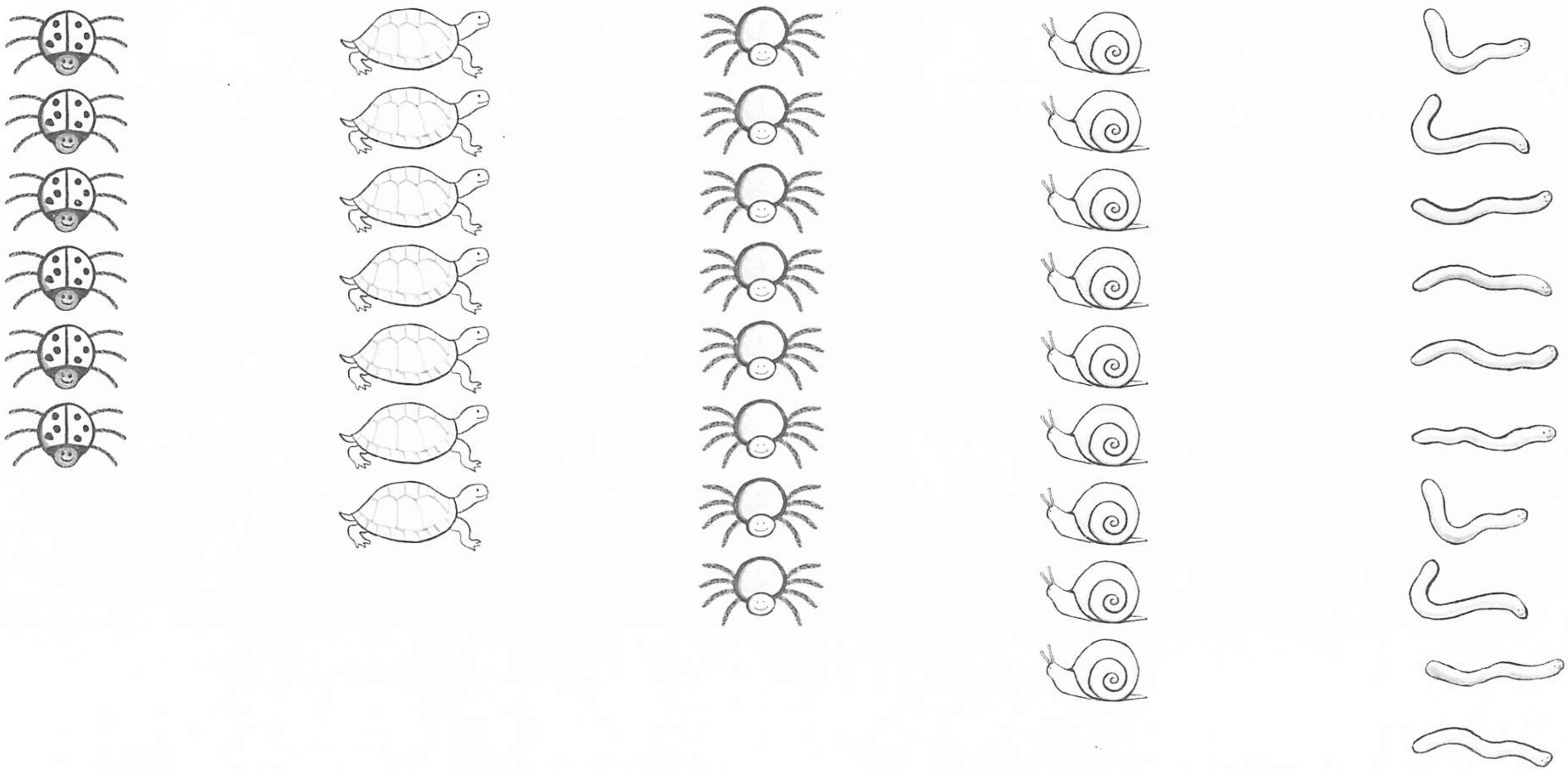


NUMBER REVIEW



1 2 3 4 5

NUMBER REVIEW

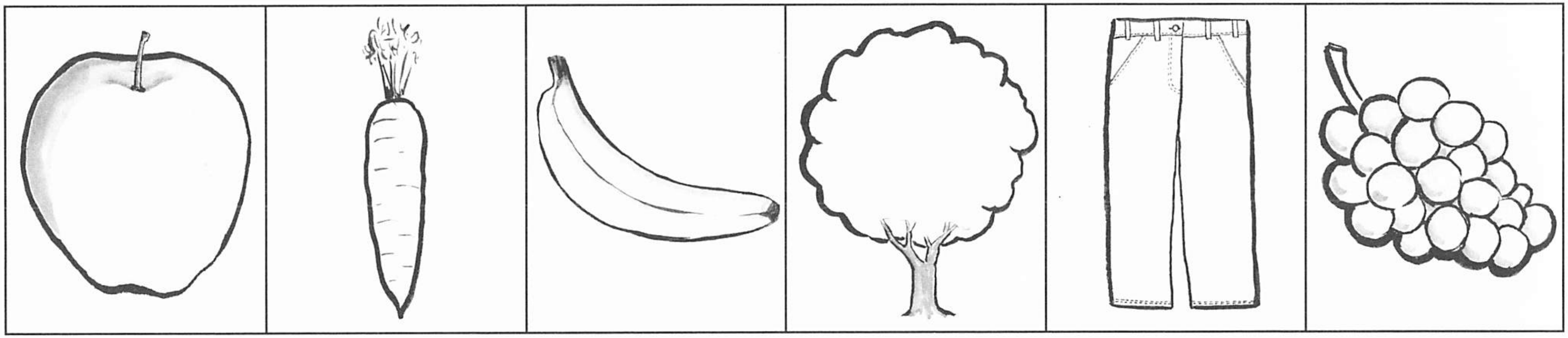


6 7 8 9 10

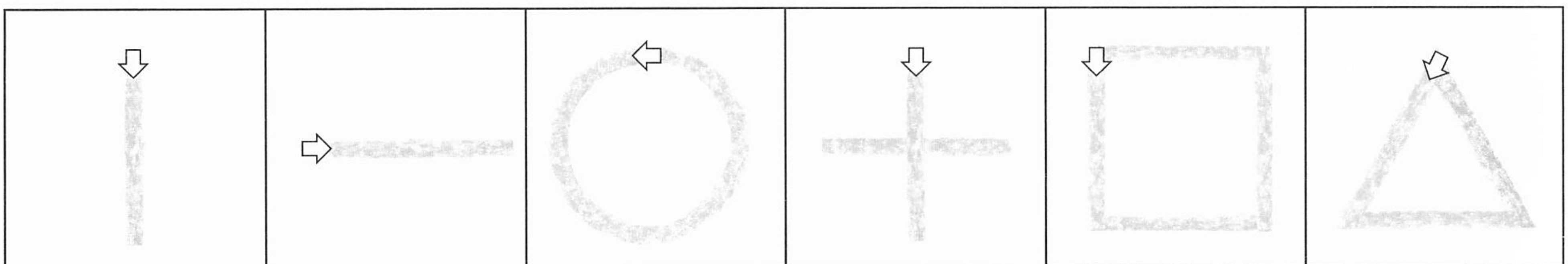
CHECK READINESS *(See Readiness & Writing Pre–K Teacher's Guide)*

1. **Name 6 Pictures**	Ask, "What is this?"	Apple_____	Carrot_____	Banana_____	Tree_____	Jeans/pants_____	Grapes_____
2. **Name 6 Colors**	Ask, "What color is this crayon?"	Red_____	Orange_____	Yellow_____	Green_____	Blue_____	Purple_____
3. **Color 2 Pictures**	Child uses "fill in" coloring:	Yes_____	Somewhat_____	Not yet_____			
	Attempts to stay in lines:	Yes_____	Somewhat_____	Not yet_____			

4. **Crayon Grip** Standard_____ Alternate_____ Palm_____ **Hand preference** L_____ R_____ ?__________ **Holds paper while coloring** Yes_____ Sometimes_____ No_____



5. **Name and Trace Shapes**	Ask, "What is this?"	line_____	line_____	circle_____	cross_____	square_____	triangle_____
6. **Copy Shapes**	Tell child, "Copy this here."	line_____	line_____	circle_____	cross_____	square_____	triangle_____



7. **Draw a Person** Use a blank page. Name and date the page. Say, "Draw a picture of you or someone else. Draw the whole person."
Head_____ Eyes_____ Nose_____ Mouth_____ Ears or hair_____ Body_____ Arms_____ Hands_____ Legs_____ Feet_____
Extras? ______________________________

8. **Name 10 Letters** Ask, "What letter is this?" E_____ O_____ A_____ T_____ N_____ S_____ H_____ I_____ L_____ R_____

E O A T N S H I L R

9. **Name 10 numbers** Ask, "What number is this?" 3_____ 5_____ 1_____ 4_____ 8_____ 2_____ 10_____ 6_____ 7_____ 9_____

3 5 1 4 8 2 10 6 7 9

10. **Try to Write Name**—Say, "Write your name here. Use capital letters." *Put a dot where child begins each letter.*

GET SET FOR SCHOOL®

A
Big Line
Big Line
Little Line

B
Big Line
Little Curve
Little Curve

C
Big Curve

D
Big Line
Big Curve

E
Big Line
Little Line
Little Line
Little Line

F
Big Line
Little Line
Little Line

G
Big Curve
Little Line
Little Line

H
Big Line
Big Line
Little Line

I
Big Line
Little Line
Little Line

J
Big Line
Turn
Little Line

K
Big Line
Little Line
Little Line

L
Big Line
Little Line

M
Big Line
Big Line
Big Line
Big Line

N
Big Line
Big Line
Big Line

O
Big Curve
Keep going

P
Big Line
Little Curve

Q
Big Curve
Keep going
Little Line

R
Big Line
Little Curve
Little Line

S
Little Curve
Turn
Little Curve

T
Big Line
Little Line

U
Big Line
Turn
Big Line

V
Big Line
Big Line

W
Big Line
Big Line
Big Line
Big Line

X
Big Line
Big Line

Y
Little Line
Big Line

Z
Little Line
Big Line
Little Line

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